

Daily Meal Planning

Carbohydrates

Starches/Breads

(15 grams carbohydrate, 3 grams protein, 1 gram fat, and 80 calories per serving)

These foods are the cornerstone of every healthy eating plan. Most of their calories come from carbohydrates, a good source of energy. Many foods from this group also give you needed fiber, vitamins, and minerals. Prepare and eat starchy foods with as little added fat as possible by limiting butter, margarine, shortening, and oil.

This is just a few of the many available starchy foods. Estimate a single serving size for foods that aren't on the list as follows:

Starchy vegetables, grains, pasta	1/2 cup
Breads and cereals	1 oz
Cooked dried beans of all types	1/3 cup

Cereals/Beans/Grains/ Pasta	Serving Size
Cereal; cooked (oatmeal, cream of wheat, rice, etc.)	1/2 cup
Cereal; dry (less than 100 calories per serving) (Serving sizes vary.)	(see box)
Beans; cooked or canned (all kinds)	1/3 cup
Rice; cooked (all kinds)	1/3 cup
Pasta; cooked (all kinds)	1/2 cup

Crackers/Snacks

Graham crackers (squares)	3
Crackers (80 calories/serving)	4-6
Pretzels (hard)	3/4 oz
Popcorn (plain, popped)	3 cups

Starches/Breads With Fat

(15 grams carbohydrate, 3 grams protein, 5 or more grams fat, and 125-150 calories per serving)

Count as 1 Starch/Bread AND 1 Fat serving.	
Biscuit (2 1/2")	1
Corn, taco, or tortilla chips	1 oz
Potato chips	10
Refried beans	1/3 cup
Spaghetti sauce or marinara sauce	1/2 cup
Rice, fried or Spanish	1/3 cup

Fruits

(15 grams carbohydrate and 60 calories per serving)

Fruits provide important vitamins and minerals and can be a good source of fiber. To get the most fiber from fruits, eat the edible peelings.

You can estimate the serving size for fruits that aren't on the list as follows:

Fresh, canned, or frozen fruit, no sugar added	1/2 cup
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Margaret A. Powers (RD.)



Eli Lilly Diabetic Meal Planning Guide:

Nutritional Support Handbook, 1983 Diet and Nutrition for People with Diabetes National Diabetes Information Clearinghouse (U.S.), 1979 160 entries to print and audiovisual materials of interest to both the public and health professionals Each entry gives bibliographical information price and source Title index *American Dietetic Association Guide to Diabetes Medical Nutrition Therapy and Education* Tami Ross, Jackie Boucher, Belinda S. O'Connell, 2005 Medical nutrition therapy plays an integral role in the management in diabetes This comprehensive guide is an evidence based review of MNT and the Nutrition Care Process and a practical reference of diabetes management tools and nutrition education Covering practice guidelines outcomes evaluation nutrition assessments goal setting behavior change and interventions this guide is a must have resource for health care professionals serving the diabetes community Medical Supply Catalog Health and Human Services Supply Service Center (U.S.), 1996 Technical Manual United States Department of the Army, 1982 **Guidelines for Chronic Care** Michael R. Soper, 1973 The Everything Guide to Managing Type 2 Diabetes Paula Ford-Martin, Jason Baker, 2012-12-18 Diabetes is a complex disease but learning about it shouldn't be This guide gives you advice on establishing a healthier lifestyle and getting control of your diabetes **Handbook of Diabetes Medical Nutrition Therapy** Margaret A. Powers (RD.), 1996 Provides dietitians and other health care professionals with the information they need to provide comprehensive diabetes care and self management training Topics covered include understanding diabetes pathophysiology complications of diabetes setting and achieving management goals medical nutrition therapy nutrition assessment diabetes medications and delivery methods exercise benefits and guidelines comprehensive monitoring blood glucose monitoring preparing and evaluating diabetes education programs counseling skills selecting a nutrition approach expanding meal planning approaches the exchange system carbohydrate counting weight reduction cultural considerations macronutrient influence on blood glucose and health complex and simple carbohydrates in diabetes therapy identifying protein needs lipid metabolism and choices issues in prescribing calories low calorie sweeteners and fat replacers fiber metabolism making food choices life stages children and adolescents pregnancy and diabetes caring for older persons and nutrition and specific clinical conditions renal disease hypertension eating disorders surgery gastrointestinal issues dental care HIV AIDS etc **Spanish Language Materials for People with Diabetes**, 1981 *The Diabetic Male's Essential Guide to Living Well* Joseph Juliano, 1999-02 An up beat take charge daily health care manual for the diabetic Dr Juliano's book pulls no punches about the seriousness of diabetes he has been blind for fifteen years due to his disease and he draws on his own experience to offer hard won day to day advice He discusses insulin and other medications and stresses the importance of self home blood glucose monitoring exercise and good nutrition He is honest about possible long term complications to the diabetic eye kidney and vascular systems and problems such as male pattern baldness and erectile dysfunction Above all he believes in positive thinking to help the diabetic live well There are a resource guide bibliography

and selected readings **The Nurse's Guide to Diet Therapy** Lois H. Bodinski,1987 This clear concise and practical guide to therapeutic diets shows nurses how to integrate dietary considerations into their nursing care It describes the dietary treatment of 98 specific diseases as well as the role of diet in cancer burns and the peri operative period It also relates diet to the pathophysiology of the disease and other treatment modalities including diet drug interrelationships Also provided are suggested nursing diagnoses related to nutritional or dietary problems *Diabetes Mellitus* Sue Milchovich,Barbara Dunn-Long,2011-04-01 Updated to include the latest developments in medicine and practices for diabetes treatment as well as the most current information on new medication delivery methods this comprehensive guide covers every aspect of living with diabetes This user friendly book takes a look at both the medical and nutritional sides of the disease and teaches diabetics how to balance diet medication and exercise for optimal health from the start The diet and exercise plans that are included feature portion sizes and sample meal plans along with low impact workout routines and have been revised to reflect new food pyramid guidelines and current minimum exercise suggestions While an absolute cure for diabetes has not yet been discovered this health manual makes living with the disease manageable Manual of Pediatric Nutrition ,1997-10-01 This revised 3rd edition of the Twin Cities District Dietetic Association TCDDA Manual of Pediatric Nutrition is the result of a cooperative effort on the part of the pediatric dietitians from the major children s hospitals pediatric units and public health agencies serving children in the Minneapolis St Paul metropolitan area This joint effort was undertaken with the belief that a single manual written by dietitians with experience and expertise in various areas of pediatrics would promote continuity in the nutritional care of the pediatric population in the Twin Cities Topics include General Nutrition Nutrition Assessment Consistency Modifications Diabetes Weight Management Nutrition for Children with Special Health Care Needs and many more **Pediatric Home Care for Nurses** Wendy Votroubek,2010-09-15 Pediatric Home Care is a practice based text perfect for either students or for supporting pediatric nurses practicing in a home care setting The text includes a variety of nursing information required for this type of care across a large spectrum of physiologic categories and acuity levels The Third Edition has been completely revised and updated to reflect the most current practice and technology and includes a new focus on evidence based practice **Nutrition and Diet Manual for Use in Skilled Nursing Facilities and Other Institutions** ,1981 Diabetes Dateline ,1979 **Spanish-language Health Communication Teaching Aids** United States. Health Services and Mental Health Administration,1972 **Journal of Visual Impairment & Blindness** ,1982 Spanish-language Health Communication Teaching Aids Charles T. Webb,1972 **Primary Care - E-Book** Terry Mahan Buttaro,Patricia Polgar-Bailey,Joanne Sandberg-Cook,JoAnn Trybulski,2012-03-01 Written by and for Nurse Practitioners from a unique collaborative perspective Primary Care A Collaborative Practice 4th Edition prepares you to provide care for all of the major disorders of adults seen in the outpatient setting Evidence based content reflects the latest guidelines for primary care of hundreds of conditions including hypertension diabetes and sexually transmitted

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Table of Contents Eli Lilly Diabetic Meal Planning Guide

1. Understanding the eBook Eli Lilly Diabetic Meal Planning Guide
 - The Rise of Digital Reading Eli Lilly Diabetic Meal Planning Guide
 - Advantages of eBooks Over Traditional Books
2. Identifying Eli Lilly Diabetic Meal Planning Guide
 - Exploring Different Genres
 - Considering Fiction vs. Non-Fiction
 - Determining Your Reading Goals
3. Choosing the Right eBook Platform
 - Popular eBook Platforms
 - Features to Look for in an Eli Lilly Diabetic Meal Planning Guide
 - User-Friendly Interface
4. Exploring eBook Recommendations from Eli Lilly Diabetic Meal Planning Guide
 - Personalized Recommendations
 - Eli Lilly Diabetic Meal Planning Guide User Reviews and Ratings
 - Eli Lilly Diabetic Meal Planning Guide and Bestseller Lists
5. Accessing Eli Lilly Diabetic Meal Planning Guide Free and Paid eBooks

- Eli Lilly Diabetic Meal Planning Guide Public Domain eBooks
- Eli Lilly Diabetic Meal Planning Guide eBook Subscription Services
- Eli Lilly Diabetic Meal Planning Guide Budget-Friendly Options
- 6. Navigating Eli Lilly Diabetic Meal Planning Guide eBook Formats
 - ePub, PDF, MOBI, and More
 - Eli Lilly Diabetic Meal Planning Guide Compatibility with Devices
 - Eli Lilly Diabetic Meal Planning Guide Enhanced eBook Features
- 7. Enhancing Your Reading Experience
 - Adjustable Fonts and Text Sizes of Eli Lilly Diabetic Meal Planning Guide
 - Highlighting and Note-Taking Eli Lilly Diabetic Meal Planning Guide
 - Interactive Elements Eli Lilly Diabetic Meal Planning Guide
- 8. Staying Engaged with Eli Lilly Diabetic Meal Planning Guide
 - Joining Online Reading Communities
 - Participating in Virtual Book Clubs
 - Following Authors and Publishers Eli Lilly Diabetic Meal Planning Guide
- 9. Balancing eBooks and Physical Books Eli Lilly Diabetic Meal Planning Guide
 - Benefits of a Digital Library
 - Creating a Diverse Reading Collection Eli Lilly Diabetic Meal Planning Guide
- 10. Overcoming Reading Challenges
 - Dealing with Digital Eye Strain
 - Minimizing Distractions
 - Managing Screen Time
- 11. Cultivating a Reading Routine Eli Lilly Diabetic Meal Planning Guide
 - Setting Reading Goals Eli Lilly Diabetic Meal Planning Guide
 - Carving Out Dedicated Reading Time
- 12. Sourcing Reliable Information of Eli Lilly Diabetic Meal Planning Guide
 - Fact-Checking eBook Content of Eli Lilly Diabetic Meal Planning Guide
 - Distinguishing Credible Sources
- 13. Promoting Lifelong Learning
 - Utilizing eBooks for Skill Development

- Exploring Educational eBooks

14. Embracing eBook Trends

- Integration of Multimedia Elements
- Interactive and Gamified eBooks

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