

1500 Calorie Diabetic Diet Plan



Health Care Professional, RD, or RN:

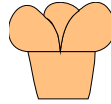
Patient:

1500 Calorie Diet Plan



Bread/Starch Group

Breakfast	Lunch	Supper	Snack
2	3	2	1



1 sl. bread, roll, 1/2 bagel, English muffin, bun, pita, 2 rice cakes, bread sticks, 6 vanilla wafers/animal crackers, gingersnaps, 3 graham crackers, Melba toast, 1/2 c. pasta, rice, 3 c. popped popcorn, Cereals: 3/4 c. Chex/Flakes, 1/4 c. Granola, Muesli, Grapenuts, sherbet, pudding, 1 c. puffed/shredded cereals, 1/2 c. bran, grits, oatmeal, Vegetables: 1/2 c. mixed vegetables, baked beans, lima beans, peas, potato, plantain, winter squash, corn, pumpkin, succotash, 1 1/2 inch cube Angel Food Cake:

High Sodium: 3/4 oz. chips/pretzels, tortilla, muffins, cornbread, biscuits, croutons, baked beans, Soft serve ice cream, soup, popcorn, salted crackers, self rising flour/meal



Fruit Group

Breakfast	Lunch	Supper	Snack
1	1	1	0

1/2 c. applesauce, apricots, papaya, fruit cocktail, mango, pineapple, peaches, pears, plums, grapes, 1 small-kiwi, apple, banana, orange, peach, nectarine, 4 fresh apricots, 3/4 c. mandarin oranges, black/blueberries, grapefruit, pineapple, 2 tangerines, figs, plums, dates; 1 1/2 c.-strawberries, melons, raspberries, 3 kumquats, Fruit Juices: 1/2 c. apple, cider, grapefruit, orange, prune, pineapple, 1/3 c. grape, cranberry, fruit juice blends, 1 c. Reduced Calorie cranberry cocktail, 1/4 c. Nectar, 2 T. Raisins

Milk Group

Breakfast	Lunch	Supper	Snack
1	0	0	1

1 c. Skim/1/2 %/1%/Nonfat/LowFat Buttermilk, light soymilk, 1/3 c. Drynonfat milk, 1/2 c. Evaporated skim milk, 3/4 c. plain nonfat yogurt/plain low fat yogurt

High Sodium: Buttermilk made from whole milk



Vegetable Group

Breakfast	Lunch	Supper	Snack
X	X	X	X

1/2c. artichoke, bamboo shoots, bean sprouts, beets, asparagus, broccoli, brussel sprouts, green beans, Kohlrabi, leeks, greens, okra, onion, carrots, eggplant, cucumbers, snow peas, pimento, rhubarb, rutabagas, tomato, turnips, 4 water chestnuts, (2 T. ketchup) 6 cherry tomatoes, 1 c.-alfalfa sprouts, cabbage, chicory, endive, escarole, fennel, green pepper, lettuce, mushrooms, radishes, spinach, cauliflower, celery, summer squash/zucchini

High Sodium: sauerkraut, V-8/Tomato Juice, canned tomatoes Products, Pickles, Soups, broth



Meat Group

Breakfast	Lunch	Supper	Snack
1	2 oz	2 oz	0

1 oz. or as stated-Broil, Boil, Bake, Roast, Stew, Grill, Stir-Fry-Fish, Veal, Chicken (remove skin), Venison, Buffalo, Duck, Cornish Hen, Shellfish, Goose, Lamb, Rabbit, Fresh Pork, Turkey, 2 Egg Whites, 1/2 c. dried peas, beans, lentils, Tofu, Soy Protein, Beef-trim fat sirloin, round, flank, tenderloin, roast, Steaks-T-Bone, porterhouse, cubed, ground round
High Sodium: Cured/salted/smoked/canned/marinated meats, fish, poultry, corned beef, parmesan cheese, luncheon meats, hotdogs, sausage, cured ham, sardines, peanut butter, anchovies, creamed sauces, gravies, chili sauce, rock salt, Kosher salt, Sea Salt, MSG, Accent, Worcestershire Sauce, Soy/BBQ Sauce, Teriyaki sauce, mustard, salt, canned vegetables/vegetable juices, softened water

Fat Group

Breakfast	Lunch	Supper	Snack
1	1	1	0

Unsaturated-Good-1t. Margarine, Mayo, Oil-(canola, corn, olive, soybean, safflower, peanut, sunflower), 2t. Low Calorie mayonnaise/diet margarine, 6 hickory/cashews, 10 almonds/peanuts, 5 pecan halves, 2 brazil, 3 macadamia/pistachio, 4 walnuts, 2 T. avocado

High Sodium: 2t. Tartar Sauce, 2 1/2 T. Low Calorie Dressing, 1 T. Salad Dressing;

Saturated-Bad-1 t.- butter/solid shortening, 2 T. coconut, chitterlings, 1T. cream cheese, sour cream/coffee creamer, 1 sl. bacon

1500 Calorie Week at a Glance

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Breakfast	1 Orange 1 c. Skim Milk 1/2 c. Bran Cereal 1 sl. WW Toast 1 t. Margarine 1 oz. Cheese 1 c. Coffee	1 Apple 1 c. Skim Milk 1/2 cup Oatmeal 1 sl. WW Toast 1 strip Bacon 1 Poached Egg 1 c. Coffee	1/2c.Applesauce 1 c. Skim Milk 1 WW Bagel 1 T. Cream Cheese 1 Egg Omelet w/ Onions, Peppers 1 c. Coffee	½ Grapefruit 1c. Skim Milk 2 Pancakes 2-3 T.Unsweet Syrup 1 t. Margarine 1 oz. Sausage 1 c. Coffee	½ Banana 1 c. Skim Milk 1/2 c. Grits 1 sl WW Toast 1 t. Margarine 1 Scrambled Egg 1 c. Coffee	2 Prunes 1 c. Skim Milk 1/2 English Muffin 1/2 c Hash Browns 1 t. Margarine 1 Poached Egg 1 c. Coffee	½ c. Mand.Oranges 1c. Skim Milk 1/2 c. Bran Cereal 1 sl WW Toast 1 t. Margarine 1 oz. Cheese 1 c. Coffee
Lunch	2 oz. Hamburger 1 c. Sautéed Peppers &Onions 1/2 c. Lett/Tomato 2-3 Carrot Sticks 1/2 c. Potatoes w/ Skin &Chives 1/2 c. Fruit Cup 1 HB Bun Drink/Beverage	2 oz. Pork Chop 2 cups Salad w/ Low Calorie Dressing 1/2 c. Cabbage 2-3 Celery Stalks 1 c. Black-eyed Peas w/Onions/1 WW Roll 1/2 c. Fruit Cup Water, Unsweet Drink/Beverage	2 oz. Steak 2 cups Salad w/ Low Calorie Dressing 1/2 c. Green Beans 2-3 Sl. Tomato 1 small Baked Potato w/Chives 1 Peach/2 Rolls Water, Unsweet Drink/Beverage	2 oz. Ham 1 c. Lettuce, Tomato, Onion, Pickles-Dill 1/2c. Cucumbers 2-3 Radishes 7 Baked Fries 2 sl. Pineapple 1 t. Mayo/2 Rolls Water, Unsweet Drink/Beverage	2 oz. Beef Stew 1 c. Carrots, Peppers & Onions 1/2 c Lettuce Tomato 2-3 Mushrooms 1/2 c. Potatoes w/ Skin in Stew 1/2 c. Grapes /2 Rolls Water, Unsweet Drink/Beverage	2oz.Chicken Salad 1 c. Fresh Veggies Marinated Low Calorie Dressing 1/2 c. Lett/Tomato 1 Dill Pickle/2 Rolls 1/2 c. Mac Salad 2 T. Raisins Splash Water, Unsweet Drink	2 oz. Pork Loin 1 c. Sautéed Squash & Onions 1/2 c. Greens 1/4c.Alfalfa Sprouts 1/2 c. Baked Beans , Onions/2 Rolls 2 Plums Water, Unsweet Drink/Beverage
Dinner	2 oz. Fish on 1 Bun 2 c. Salad w/ Low Calorie Dressing 1 c. Cole Slaw 1 t. Mayo or Marg. 1 1/2 c. Melon	2 oz. Chicken on Bun 2 c. Salad w/ Low Calorie Dressing 1/2 c. Cauliflower 1 t. Margarine 1 1/4 c. Strawberries	2 oz. Salmon 1c Sauté Mushroom 1/2 c. Broccoli 1 t. Margarine 1 small Potato 1 Pear/1 WW Roll	2oz.Tuna on Bun 2 c. Salad w/ Low Calorie Dressing 1 c. Cole Slaw 1 Pickle, Dill 1 Nectarine	2oz.Polish Sausage 1 Bun, Hotdog 2 c. Salad w/ Low Calorie Dressing 1 c. Sauerkraut 1 t Mustard 1/2c. Mango	2oz.Venison 2 c. Salad w/ Low Calorie Dressing 1 c. Okra, Tomato ½ c Lima beans 1 WW Roll 2Kiwi	2oz. Salmon 2 c. Salad w/ Low Calorie Dressing 1 c. Asparagus 1 WW Roll/1 t. Marg 1 Baked Apple 1/3 c Wild Rice
HS	1 c. 2%Milk 2 Graham Cracker	1 c. Yogurt 6 Vanilla Wafers	1 c. Skim Milk 1 c. Puffed Cereal	1 c. Yogurt 3 c. Popcorn	1 c. Skim Milk 6 -3 Ring Pretzels	1 c. Skim Milk 6 Saltines	1 c. Skim Milk 30 Goldfish

Use Unsalted Nuts/Almonds, Fats also used in preparation and cooking of the meats. Canned tomatoes are High in Sodium.

Red=Foods High in Sodium (Na+)

Combination Foods

Entrée Food	Serving Size	Exchanges	Calories
Lasagna, Spaghetti w/ Meat Balls or Meat Sauce, Chili with Beans, Tuna or Chicken Noodle Casserole, Macaroni and Cheese	1 cup/8 ounce	2 CHO and 2 MM, 1 Fat	345
Chow Mein Canned	½ cup	1 ½ CHO, 1 Fat	150
Chicken or Tuna Salad	1 cup	1 CHO, 4 LM, 2 Fats	385
Frozen Entrée	14 to 17 ounces	3 CHO, 3 MM, 3 Fats	585
Meatless Burger, Soy Based	3 ounce	1/2 CHO, 2 LM	150
Meatless Burger, Starch Based and Vegetable	3 ounce	1 CHO, 1 LM	130-150
Pizza with Meat Topping and Thin Crust	1/3 of 12 inch, 6 ounces	2 CHO, 2 MM, 2 Fats	390
Pizza, Cheese with Thin Crust	2 slices	2 CHO, 2 MM, 2 Fats	465
Meal or Entrée w/ less than 340 calories	8 to 11 ounces	2 CHO, 2 LM	260
KFC Chicken Pot Pie	1 pie	1 CHO, 6 MM, 5 Fats	770

Fast Food	Serving Size	Exchanges	Calories
Chicken Nuggets	5 Nuggets	1 CHO, 2 HM, 1 Fat	210
Chicken Breast and Wing, Fried/Breaded	1 medium Breast	1/2 CHO, 5 MM, 1 Fats	490
Chicken Sandwich – Wendy’s	1 Sandwich	2 CHO, 2 VLM, 2 Fats	310
Hot Chicken Wings	6 wings, 5 ounces	1 Cho, 3 MM, 4 Fats	480
French Fries	1 Medium, 5 ounces	4 CHO, 2 Fats	390
Hamburger, Regular	1 hamburger	2 CHO, 2 MM	300-320
Hamburger, large	1 hamburger	2 CHO, 3 MM, 2 Fats	465
Beef Burrito Supreme – Taco Bell	5 to 7 ounces	3 CHO, 2 HM, 2 Fats	500
Frankfurter w/ Bun	1	1 CHO, 1HFM, 3 Fats	220-240
Individual Pan Pizza	2 slices	5 CHO, 3 MM, 2 Fats	700
Fish Sandwich w/ Mayo	1 sandwich	3 CHO, 1 MM, 3 Fats	435-450
Ice Cream Cone – McDonalds	1 small, 5 ounces	2 Cho	150
Sub Sandwich	6 inch sub	2 CHO, 2 MM, 2 Fats	315
Hard / Soft Shell Taco	3 to 3 1/2 ounces	1 CHO, 1 MM, 1 1/2 Fat	220
Onion Rings	Medium	1 CHO, 3 1/2 Fats	380
Nacho w/ Cheese	Small, 4 ounces	2 1/2 CHO, 3 Fats	320
Milkshake, all flavors	1 small	4 CHO 2 1/2 Fats	360
Chicken Caesar Pita	1	2 CHO, 3 MM, 2 1/2 Fats	490
Garden Veggie Pita	1	4 CHO, 2 Fats	400

Soup	Serving Size	Exchanges	Calories
Cream	1 cup, 8 ounces	1 CHO, 1/2 Fat	100
Bean	1 cup, 8 ounces	1 CHO, 2 VLM	140-145
Instant w/ Lentils/Beans	1 cup, 8 ounces	2 1/2 CHO, 1 VLM	220-230
Split Pea	1 cup, 8 ounces	2 CHO	150-175
Tomato, Chicken/Turkey Noodle, Vegetable Beef, Chicken & Dumplings, Chicken Vegetable, Minestrone, Manhattan Clam Chowder	1 cup, 8 ounces	1 CHO	75-90

CHO = Carbohydrate **VLM =Very Lean Meat** **LM = Lean Meat**
MM = Medium Meat **HM = High Meat**
All combination foods and soups are high in sodium.

Diabetes

Type I Diabetes

Insulin Therapy- Usually 2 Injections with Fixed Doses

Time- Eat at the Same Time Daily

Food- Same Carbohydrate Intake Daily

Daily Records- Food, BGs, Insulin, and Exercise

Goals

A1C < 70%

Blood Pressure < 130/80 mm Hg

Cholesterol < 100 mg/dl LDL

Type II Diabetes

Weight Loss- is usually a Goal to help reduce Hypertension, Hyperglycemia and Dyslipidemia

Time- Eat at the Same Time Daily & HIGH FIBER

Food- Include lots of Salads and Steamed Veggies!!!

Exercise- Start out slow and build and do daily

Symptoms of Hypoglycemia

Shaking, Sweating, Hunger, Rapid Heartbeat, Irritability

Hypoglycemia BG < 70 mg/dl

Gestational Diabetes

Optimize- Pregnancy Outcomes

Time- Eat at the same Time Daily- 3 Meals & ¼ Snacks

Food- 3 Meals and 3 or 4 Snacks daily

NAS-No Added Salt if Prone to Weight Gain

Sever Hypoglycemia

Confusion, Stupors, Loss of Consciousness, Convulsions

Causes of Hypoglycemia

- Skipping meals or snacks
- Delaying meals or snacks
- Inadequate CHO intake
- Insulin and CHO intake do not match
- Too much exercise without insulin or CHO food
- Inconsistent monitoring of Blood glucose
- Lower blood glucose needs medication adjustments by professionals

Hypoglycemia advice

- BG < 70 eat 15 grams of CHO
- Wait 15 minutes check BG
- If < 70 eat > 15 grams of CHO
- If > 1 hour before next meal, eat a snack like peanut butter and crackers and milk

Sick day management

- See your Health Care provider for Insulin
- Never omit insulin
- Check BG more than 4 times per day
- Type I – check BS 2 to 4 hours if > 250 check ketones
- Drink caffeine free CHO free fluids, water
- Meds – read labels for sodium and caffeine
- Unable to eat – use juices, soups, ice cream, sherbet, sorbet, Gatorade, etc.

15 grams CHO:

- ½ cup orange or apple juice
- 1 cup milk, soup or Gatorade
- 6 vanilla wafers, 2 graham crackers, 1 frozen fruit juice bar, 1/3 cup gelatin
- 3-4 glucose tablets
- 3-4 glucose gels
- 1 T. honey, jelly, jam, syrup

Make Your Own Pizza:

- Buy pre-made whole-wheat crust, and top with canned tomato sauce, part-skim mozzarella cheese, and tons of fresh vegetables. Sprinkle on basil and oregano for extra seasoning. Instead of sausage or pepperoni, try tofu, turkey pepperoni, or grilled chicken.

Corn and Crab Quesadillas:

- In medium bowl, mix reduced-fat cream cheese, corn, cilantro, onions, and peppers. Fold in crabmeat (you can use real or imitation). Spread crabmeat mixture over each tortilla. Fold tortilla in half, pressing lightly. Cook the tortillas in a skillet until light brown, turning once (about 5 minutes). Serve garnished with cilantro

Pineapple Chicken Teriyaki:

- Pour low sodium teriyaki sauce and canned pineapple with juice into a re-sealable plastic bag. Add chicken, and allow it to marinate in the refrigerator for at least 15 minutes. Grill, and serve with fresh green beans and rice.

Easy Spaghetti Sauce:

- Cook lean ground beef or turkey in a skillet. Once it's no longer pink, drain excess fat. Stir in canned marinara sauce, onions, mushrooms, and bell peppers. Allow to heat, and serve over whole-wheat pasta or spaghetti squash.

Lemon Pie:

- Thaw out and bake a pre-made frozen pie crust. Allow to cool, then fill with sugar free lemon pudding prepared with low fat milk. Decorate with strawberries, raspberries, blueberries, and bananas. Sprinkling with toasted almonds

Middle Eastern Pita:

- Spread garlic-flavored hummus on whole-wheat pita bread. Sprinkle with reduced-fat crumbled feta cheese. Bake in the oven at 400 F for 8 to 10 minutes. Top with onions, spinach, tomatoes, and Kalamata olives.

Veggie Omelet:

- Start your morning with an omelet made with Egg Beaters. They're just 60 calories, fat-free, cholesterol-free and packed with protein. Make sure to use plenty of your favorite vegetables and reduced-fat cheese

Sick Day Management

What should I do?

- **Sick Day Management-** Read Labels for Foods and Medications
- **If 3 or 4 Feedings Not Tolerated-** then go to 7-8 Feedings/Day
 - 50 grams of Carbohydrate= Each Meal Missed



Guidelines to Follow:

- **Never Omit Insulin/Medications-** by Health Care Provider only
- **Test Blood Sugar-** at least 4 times per Day when Ill
 - Check every 2 Hours if unable to Eat
- **Drink Plenty of Fluids-** Water, Diet Colas, Bouillon, Broth
 - 1 cup per Hour while Awake and Increase as Tolerated
- **Soft and Liquid Foods-** Easier to Digest

What can I do?

- **Talk with your Health Care Provider-** Adjustment in Medications
- **Talk with a Registered Dietitian-** about Foods and Beverages that are Better Tolerated when Sick



Survival Skills for Diabetes

The management of your diabetes requires a balance of 4 key areas.

- Meal Planning
- Medication
- Monitoring
- Activity

The following information relates the basic facts you need to help manage your diabetes through meal planning. The overall goal of nutrition management for most people who have diabetes is to improve blood sugar levels and to promote consistency in your intake of foods daily.

The following principles of good nutrition for diabetes are just the beginning. It is important to see a Registered Dietitian so an individual plan can be developed just for you.

- Eat 3 meals daily. Eat at regular times and include an evening snack. It is important NOT to skip meals. If you are taking insulin, a snack at bedtime is important to keep your blood sugar levels from dropping during the night
- Take your medication 30-minutes before meals unless otherwise stated.
- Space meals no more than 4 ½ -5 hours apart during the day. If it isn't possible, eat a snack that includes carbohydrates such as fruit, bread, or milk.
- Eat a variety of foods. Choose fruits, vegetables, whole grain breads and cereals, skim milk, and lean meats.
- Eat in moderation.
- Eat less sugar. Avoid foods with added sugar such as syrup, cakes, and pies.
- If buying canned fruits, choose fruits that are packed in water or juice, not heavy syrup.
- Eat less fat. 75-80% people diagnosed with Type II diabetes are overweight. Eating less fat can reduce your weight which will help in the control of your diabetes.
- Use less salt. Salt may cause an increase in blood pressure and cause water retention. Avoid foods high in salt such as bacon, lunch meats, hot dogs, sausage.
- Use sugar substitutes along with other sugar free foods
- Free foods are those that contain 20 calories or less per serving. Limit to 3-4 servings a day.
- Watch your weight. Consult your MD if any changes occur that cannot be explained
- Be sure to include fiber daily from a variety of food sources. Fruits, vegetables, cereal, and whole grains have the greatest amount of fiber per serving. You should try to consume 20-25gm of fiber each day.