

# Factor 13 Diabetes FOOD SPIRAL<sup>®</sup>





## Using The Diabetes FOOD SPIRAL®

# 13 DFS Daily Factors

Welcome to your weekly menu for the Diabetes FOOD SPIRAL®. According to your **favorable fitness factor**® you are allotted 13 Factors a day. For your convenience we have broken down the week by day.



### Legend:

Lg.-Large, NSA-No Sugar Added, Gr.-Grilled, t.-teaspoon, T.-Tablespoon, c.-cup, w/-with, Bk.-Baked, Tom.- Tomato, Cuc-Cucumbers, Ch-Cheese, WW- Whole Wheat, Art. Sw.-Artificial Sweetener, FF-Fat Free, sl.-Slice, Drg.-Dressing, Veggies-Vegetables, SF-Sugar Free, Marg.-Margarine.



### Other "GO" foods – 0 Factors-Eat All YOU want:

Nonstick cooking spray, vinegar, dill pickles\*, mustard\*, lemon/lime juice, unsweetened caffeine free diet colas, unsweetened caffeine free beverages, sugar free gelatin, herbs, Worcestershire sauce\*, horseradish\*, hot sauce, garlic powder, sage, oregano, cinnamon, nutmeg, ginger, paprika, black pepper, cayenne pepper, capers, and other spices.



### Limit to 2 T./day

Fat Free- sour cream, margarine, salad dressing, mayonnaise, cream cheese, whipped topping, non-dairy creamer, salsa\*, soy sauce\*, taco sauce\*, ketchup\*, steak sauce\*, 3 pieces sugar free candy, 3 sticks sugar free gum, 1 T. sugar free jelly and syrup.

\*-High in Sodium.

# 13



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# Monday - 13 DFS Daily Factors

## Breakfast (3)

- 1G** 1/2 Grapefruit
- 1G** 1 c. Skim Milk
- 1G** 1 sl. WW Toast
- 0G** 1 t. FF Margarine
- 0Y** 1 c. Coffee
- 0G** 1 t. NSA Jelly, Jam or Syrup
- 0G** Artificial Sweetener
- 0G** Salt\*, Pepper

## Lunch (4)

- 1G** 2 oz. Baked Chicken
- 1G** 1/2 c. Fresh Pineapple
- 0G** 2-3 Carrot Sticks
- 1G** 1 WW Rolls w/
- 0G** 1 t. FF Margarine
- 1G** 1/2 c. Brown Rice
- 0G** 1/2 c. Broccoli
- 0G** 1 c. Garden Salad w/
- 0G** 1 T. FF Salad Dressing\* or 2 T. Salsa\*
- 0G** 1 cup NSA Punch

## Dinner (4)

- 1G** 2 oz. Baked Fish
- 0G** 2 c. Salad w/
- 0G** 1 T. FF Salad Dressing\*
- 0G** 1/2 c. Cole Slaw, FF
- 0G** 1 t. Margarine, FF
- 1G** 1 small Baked Potato
- 0G** 2 T. Sour Cream, FF
- 1G** 1 WW Roll
- 0G** 1/2 c. Green Beans
- 1G** 1 Apple
- 0Y** 1 cup NSA Tea

## Snack (2)

- 1Y** 6 Vanilla Wafers
- 1G** 1 cup Skim Milk

### Notes:



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## Tuesday - 13 DFS Daily Factors

### Breakfast (3)

**1G** 1/2 c. Fresh Berries

**1G** 1/2 c. Granola

**1G** 1 cup Skim Milk

**0Y** 1 c. Coffee

**0G** Artificial Sweetener

**0G** Salt\*, Pepper

**0G** 1 t. NSA Jelly, Jam or Syrup

### Lunch (4)

**1G** 2 oz. Salmon, Grilled

**0G** 1/2 c. Peppers/Onions

**1G** 1/2 c. Strawberries

**1G** 1 WW Bread Roll

**1G** 1/2 c. Wild Rice

**0G** 2-3 sl. Lettuce/Tomato

**0G** 1 t. Mayonnaise, FF

**0G** 1/2 c. Pico de Gallo

**0G** 1 c. Garden Salad w/

**0G** 2 T. Salsa\*

**0G** 1 c. NSA Lemonade

### Dinner (4)

**1G** 2 oz. Gr. Chicken

**0G** 2 c. Salad w/

**0G** 1 T. FF Salad Dressing\*

**0G** 1/4 c. Vinegar

**0G** 1/2 c. Cauliflower

**0G** 1/2 c. Cabbage

**0G** 1 c. Raw Carrots

**0G** 1 T. FF Salad Dressing\*

**2G** 2 sl. WW Bread

**0G** 1 t. Margarine, FF

**1G** 1/2 c. Fresh Fruit

### Snack (2)

**1G** 1/2 c. Fiber One® Cereal\*

**1G** 1 c. Skim Milk

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# Wednesday - 13 DFS Daily Factors

## Breakfast (3)

- 1G** 1/2 c. Grapes
- 1G** 1 c. Non-Fat Yogurt, NSA (No Sugar Added)
- 1G** 1/2 c. Oatmeal
- 0G** 1 t. Margarine, FF
- 0G** 1/4 c. Veggies, raw
- 0Y** 1 c. Coffee/Sweetener
- 0G** 1 t. NSA Jam, Jelly or Syrup

## Lunch (4)

- 2G** 2-6" Corn Tortilla
- 1G** 2 oz. Chicken
- 0G** 2 T. Salsa\*
- 0G** 1 c. Pico de Gallo
- 0G** 2 c. Lettuce/Tomato
- 0G** 2 T. Sour Cream, FF
- 1G** 1/2 c. Pineapple, fresh
- 0G** 1 c. Onion/Tomatoes
- 0G** 1 t. Margarine, FF
- 0G** 1/2 c. Celery
- 0G** 1 c. NSA Punch

## Dinner (4)

- 1G** 2 oz. Tilapia w/
- 0G** 1/4 c. Grilled Peppers
- 0G** 1/2 c. Sautéed Mushrooms
- 0G** 1/2 c. Asparagus
- 0G** 1 t. Margarine, FF
- 0G** 1 c. Tossed Salad/
- 0G** 2 T. FF Dressing\*
- 0G** 1 c. V-8 Juice\*
- 0G** 1/2 c. Steamed Veggies
- 1G** 1/2 c. Berries
- 2G** 2 WW Rolls

## Snack (2)

- 1G** 6 WW Crackers\*
- 1G** 1 c. Skim Milk

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# Thursday - 13 DFS Daily Factors

## Breakfast (3)

- 1G** 1 Orange, small
- 1G** 1 c. Skim Milk
- 1G** 1/2 c. Shredded Wheat
- 0Y** 1 c. Coffee/Art. Sw.
- 0G** Salt\*, Pepper
- 0G** 1 t. NSA Jam, Jelly or Syrup

## Lunch (4)

- 1G** 2 oz. Turkey
- 1G** 1/2 c. Wild Rice
- 0G** 2 c. Salad Greens
- 0G** 1 T. FF Salad Dressing\*
- 0G** 1 t. FF Margarine
- 1G** 1 sl. WW Bread
- 1G** 1 Apple for Salad
- 0G** with/1/4 cup Celery
- 0G** on a bed of Lettuce (1 c.)
- 0G** 1 T. Mayonnaise, FF
- 0G** 1 c. NSA Lemonade

## Dinner (4)

- 1G** 2 oz. Baked Fish
- 0G** 1 c. Asparagus
- 0G** 1 c. Salad Greens
- 0G** w/1 T. FF Salad Dressing\*
- 1G** 1 Roll, WW
- 1G** 1 Tangerine
- 0G** 1 t. Margarine, FF
- 0G** 1/2 c. Beets
- 1G** 1 small Sweet Potato
- 0Y** 1 Diet Coke

## Snack (2)

- 1G** 1 c. Skim Milk
- 1G** 3 c. Air Popped Popcorn\*

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# Friday- 13 DFS Daily Factors

## Breakfast (3)

**1G** 1/2 c. Fresh Melon

**1G** 1 c. Skim Milk

**1G** 1/2 c. Fiber One®  
Cereal

**0Y** 1 c. Coffee

**0G** Artificial Sweetener

**0G** Salt\*, Pepper

**0G** 1 c. Water

## Lunch (4)

**1G** 2 oz. Chicken

**1G** 6 Crackers\*, WW

**1G** 1/2 c. Wild Rice

**0G** 1 T. Mayonnaise, FF

**0G** 1 c. Garden Salad w/

**0G** Peppers, Onions,

**0G** Carrots, Veggies w/

**0G** 1 T. FF Salad Dressing\*

**0G** 1/4 c. Salsa\*

**1G** 1/2 c. Watermelon

**0G** 1 c. NSA Lemonade

## Dinner (4)

**1G** 2 oz. Grilled Chicken

**0G** 1 c. Squash/Onions

**1G** 1 WW Roll

**0G** 1/2 c. Turnips

**0G** 3 stalks Celery w/

**0G** 1 T. FF Cream Cheese

**0G** & 1 t. Chives

**0G** 1/2 c. Green Beans

**1G** 1/2 c. Pinto Beans

**1G** 1 Pear

**0G** 1 SF Decaf Cola

## Snack (2)

**1Y** 8 Animal Crackers

**1G** 1 c. Skim Milk

**0G** 1 c. Diet Limeade

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# Saturday - 13 DFS Daily Factors

## Breakfast (3)

- 1G** 1 Apple
- 1G** 1 sl. WW Toast
- 0G** 1 t. Margarine, FF
- 1G** 1 c. Skim Milk
- 0Y** 1 c. Coffee
- 0G** Artificial Sweetener
- 0G** Salt\*, Pepper
- 0G** 2 T. NSA Syrup, Jelly and Jam

## Lunch (4)

- 1G** 2 oz. Baked Fish
- 2G** 1 WW Bun
- 0G** 1 t. Mustard\*/Ketchup
- 0G** 1 t. Mayonnaise, FF
- 0G** ½ c. FF Cole Slaw
- 0G** 1 c. Veggies w/
- 0G** 2 T. Salad Dressing\*, FF
- 1G** 1/2 Banana
- 0G** 1 c. Water

## Dinner (4)

- 1G** 2 oz. Stir Fry Chicken
- 0G** 1 c. Veggies, raw
- 1G** 1/2 c. Brown Rice
- 1G** 1 WW Roll
- 0G** 2 t. FF Margarine
- 0G** ½ c. Okra
- 1G** 1/2 cup Fresh Berries
- 0G** w/2 T. FF Sour Cream
- 0G** 1 t. Margarine, FF
- 0G** 1 SF Decaf Cola

## Snack (2)

- 0G** 1 c. Veggies w/2 T. Fat Free Dip\*
- 1Y** 6 slices Melba Toast\*
- 1G** 1 c. Skim Milk

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# Sunday - 13 DFS Daily Factors

## Breakfast (3)

- 1G** 1 Peach
- 1G** 1/2 English Muffin WW
- 0G** 2 t. Margarine, FF
- 1G** 1 c. Skim Milk
- 0Y** Coffee/Art. Sw.
- 0G** Salt\*, Pepper
- 0G** 2 T. NSA Syrup, Jam and Jelly

## Lunch (4)

- 1G** 2 oz. Turkey
- 2G** 2 sl. WW Bread
- 0G** 1 sl. Lettuce & Tomato
- 0G** 1 t. Mustard & FF Mayo
- 0G** 2 c. Raw Veggies
- 0G** 2 T. Mayonnaise, FF
- 0G** 1 Cucumber w/
- 0G** 2 T. FF Salad Dressing\*
- 0G** 1/2 c. SF Gelatin
- 1G** 1 Apricot or Peach
- 0G** 1 cup Water

## Dinner (4)

- 1G** 2 oz. Grilled Chicken
- 1G** 1/2 c. Brown Rice
- 1G** 1 WW Roll
- 0G** 1/2 c. Steamed Broccoli
- 0G** 1/2 c. Sautéed Onions
- 0G** & Peppers
- 0G** 1 t. Margarine, FF
- 1G** 1/2 cup Fresh Fruit
- 0G** 1/2 c. Mushrooms
- 0G** 1 Cola, Unsweetened, Decaf

## Snack (2)

- 0G** 1 c. Raw Veggies
- 0G** 2 T. FF Salad Dressing\*
- 1Y** 3/4 oz. Pretzels\*
- 1G** 1 c. Skim Milk

### Notes: