

Factor 18 Diabetes FOOD SPIRAL®





Using The Diabetes FOOD SPIRAL®

18 DFS Daily Factors

Welcome to your weekly menu for the Diabetes FOOD SPIRAL®. According to your **favorable fitness factor**® you are allotted 18 Factors or 1800 Calories 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, whipped topping, cream cheese, 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.



18



Using The Diabetes FOOD SPIRAL®

Monday - 18 DFS Daily Factors

Breakfast (5)

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

Lunch (6)

2G	4 oz. Baked Chicken
1G	1/2 c. Fresh Pineapple
0G	2-3 Carrot Sticks
2G	2 WW Rolls w/
0G	2 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*
0G	1 c. NSA Punch

Dinner (5)

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. Sour Cream, FF
0G	1 T. Salsa*
2G	1 large Baked Potato
1G	1 WW Roll
0G	1/2 c. Green Beans
1G	1 Apple
0Y	1 c. Unsweetened Tea

Snack (2)

1Y	6 Vanilla Wafers
1G	1 cup Skim Milk

Notes:



Using The Diabetes FOOD SPIRAL®

Tuesday - 18 DFS Daily Factors

Breakfast (5)

- 1G** 1/2 c. Fresh Berries
- 2G** 1 c. Granola
- 1G** 1 sl. WW Toast
- 0G** 1 t. Margarine, FF
- 1G** 1 cup Skim Milk
- 0G** 1/2 c. V-8 Juice*
- 0Y** 1 c. Coffee
- 0G** Artificial Sweetener
- 0G** Salt*, Pepper
- 0G** 1 T. NSA Jelly, Jam, or SYrup

Lunch (6)

- 2G** 4 oz. Salmon, Grilled
- 0G** 1/2 c. Peppers/Onions
- 1G** 1/2 c. Strawberries
- 2G** 2 WW Bread Rolls
- 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 (5)

- 1G** 2 oz. Gr. Chicken
- 0G** 2 c. Salad w/
- 0G** 1 T. FF Salad Dressing*
- 1G** 1/2 c. Field Peas
- 0G** 1/2 c. Cauliflower
- 0G** 1/2 c. Cabbage
- 0G** 1 c. Raw Carrots
- 0G** 1 T. FF Salad Dressing*
- 2G** 2 WW Bread or Rolls
- 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

Notes:



Using The Diabetes FOOD SPIRAL®

Wednesday - 18 DFS Daily Factors

Breakfast (5)

- 1G** 1/2 c. Grapes
- 1G** 1 c. Non-Fat Yogurt, NSA (No Sugar Added)
- 1G** 1/2 c. Oatmeal
- 2G** 2 sl. WW Toast
- 0G** 2 t. Margarine, FF
- 0G** 1 c. Sautéed Veggies
- 0Y** 1 c. Coffee/Sweetener
- 0G** 1/2 c. Tomato Juice*
- 0G** 1 T. NSA Jam, Jelly or Syrup

Lunch (6)

- 2G** 2-6" Corn Tortilla
- 2G** 4 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
- 1G** 1/2 c. Refried Beans*
- 0G** 1 c. NSA Punch

Dinner (5)

- 1G** 2 oz. Tilapia w/
- 0G** 1/4 c. Grilled Peppers
- 0G** 1/2 c. Sautéed Mushrooms
- 1Y** 1/2 c. Grits
- 0G** 2 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

Notes:



Using The Diabetes FOOD SPIRAL®

Thursday - 18 DFS Daily Factors

Breakfast (5)

- 1G** 1 Orange, small
- 1G** 1 c. Skim Milk
- 2G** 1 c. Shredded Wheat
- 0G** 1 t. FF Margarine
- 1G** 1 sl. WW Toast
- 0Y** 1 c. Coffee/Art. Sw.
- 0G** 1/2 c. V-8 Juice*
- 0G** Salt*, Pepper
- 0G** 2 T. NSA Syrup, Jam or Jelly

Lunch (6)

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

Dinner (5)

- 1G** 2 oz. Baked Fish
- 0G** 1 c. Asparagus
- 0G** 1 c. Salad Greens
- 0G** w/1 T. FF Salad Dressing*
- 2G** 2 Rolls, 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*

Notes:



Using The Diabetes FOOD SPIRAL®

Friday - 18 DFS Daily Factors

Breakfast (5)

- 1G** 1/2 c. Fresh Melon
- 1G** 1 c. Skim Milk
- 2G** 1 c. Fiber One® Cereal*
- 1G** 1/2 c. Oatmeal
- 0G** 1 t. FF Margarine
- 0Y** 1 c. Coffee
- 0G** 1/2 c. Tomato Juice*
- 0G** Artificial Sweetener
- 0G** Salt*, Pepper
- 0G** 1 c. Water

Lunch (6)

- 2G** 4 oz. Chicken
- 1G** 6 Crackers*, WW
- 1G** 1/2 c. Wild Rice
- 1G** 1/2 c. Sweet Potatoes
- 0G** 1 T. Mayonnaise, FF
- 0G** 2-3 Salad w/ Celery,
Peppers, Onions,
Carrots, Veggies w/
2 T. FF Salad Dressing*
- 0G** 1 c. Garden Salad
- 1G** 1/2 c. Watermelon

Dinner (5)

- 1G** 2 oz. Grilled Chicken
- 0G** 1 c. Squash & Onions
- 2G** 2 WW Rolls
- 0G** 1 T. Margarine, FF
- 0G** 1/2 c. Turnips
- 0G** 3 stalks Celery w/
2 T. FF Cream Cheese
& 1 t. Chives
- 0G** 1/2 c. Green Beans
- 1G** 1/2 c. Pinto Beans
- 1G** 1 Pear

Snack (2)

- 1Y** 6 slices Melba Toast
- 1G** 1 c. Skim Milk
- 0G** 1 c. Diet Limeade

Notes:



Using The Diabetes FOOD SPIRAL®

Saturday - 18 DFS Daily Factors

Breakfast (5)

1G	1 Apple
2G	2 sl. WW Toast
1Y	1/2 c. Grits
0G	1 t. Margarine, FF
1G	1 c. Skim Milk
0G	1/2 c. V-8 Juice*
0Y	1 c. Coffee
0G	Artificial Sweetener
0G	Salt*, Pepper
0G	2 T. NSA Syrup, Jam and Jelly

Lunch (6)

2G	4 oz. Baked Fish
2G	1 WW Bun
1G	1/2 c. Baked Beans
0G	1 t. Mustard*/Ketchup
0G	1 t. Mayonnaise, FF
0G	1/2 c. FF Cole Slaw
0G	1/2 c. Veggies, raw w/
0G	2 T. Salad Dressing, FF*
1G	1/2 Banana
0G	1 c. Water

Dinner (5)

1G	2 oz. Stir Fry Chicken
0G	1 c. Veggies, raw
1G	1/2 c. Brown Rice
2G	2 WW Rolls
0G	2 t. FF Margarine
0G	1/2 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 Saltine Crackers*
1G	1 c. Skim Milk

Notes:



Using The Diabetes FOOD SPIRAL®

Sunday - 18 DFS Daily Factors

Breakfast (5)

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

Lunch (6)

- 2G** 4 oz. Turkey
- 2G** 2 sl. WW Bread
- 0G** 1 sl. Lettuce & Tomato
- 0G** 1 T. Margarine, FF, 1 t. Mustard*
- 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
- 1Y** 1/2 c. FF Potato Salad

Dinner (5)

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

Snack (2)

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

Notes: