

# Factor 22 Diabetes FOOD SPIRAL<sup>®</sup>



Food Fitness First, Inc.<sup>®</sup>



## Using The Diabetes FOOD SPIRAL® **22 DFS Daily Factors**

Welcome to your weekly menu for the Diabetes FOOD SPIRAL®. According to your **favorable fitness factor**® you are allotted 22 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, 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.

# 22



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# Monday - 22 DFS Daily Factors

## Breakfast (5)

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

## Lunch (7)

<b>2G</b>	4 oz. Baked Chicken
<b>1G</b>	1/2 c. Fresh Pineapple
<b>0G</b>	2-3 Carrot Sticks
<b>2G</b>	2 WW Rolls w/
<b>0G</b>	1 T. FF Margarine
<b>2G</b>	1 c. Brown Rice
<b>0G</b>	1/2 c. Broccoli
<b>0G</b>	1 c. Garden Salad w/
<b>0G</b>	2 T. Salsa*
<b>0G</b>	1 c. NSA Punch

## Dinner (8)

<b>2G</b>	4 oz. Baked Fish
<b>0G</b>	2 c. Salad w/
<b>0G</b>	2 T. FF Dressing*
<b>0G</b>	1 t. Sour Cream, FF
<b>1G</b>	1/2 c. Cole Slaw, FF
<b>0G</b>	1 T. Margarine, FF
<b>2G</b>	1 large Baked Potato
<b>2R</b>	2 Hush-puppies- 2 inches
<b>0G</b>	1/2 c. Green Beans
<b>1G</b>	1 Apple
<b>0Y</b>	1 c. Unsweetened Tea

## Snack (2)

<b>1Y</b>	6 Vanilla Wafers
<b>1G</b>	1 cup Skim Milk

### Notes:



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# Tuesday - 22 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 Jam, Jelly or Syrup

## Lunch (7)

- 2G** 4 oz. Salmon, Grilled
- 0G** 1/2 c. Peppers & Onions
- 1G** 1/2 c. Strawberries
- 2G** 2 WW Bread Rolls
- 2G** 1 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 (8)

- 2G** 4 oz. Grilled Chicken
- 0G** 2 c. Salad w/
- 2Y** 2 T. Salad Dressing\*
- 1G** 1 small Baked Potato
- 0G** 1/2 c. Cauliflower
- 0G** 1 c. Raw Carrots
- 0G** 1 T. FF Salad Dressing\*
- 2G** 1 WW Bun
- 0G** 1 T. Margarine, FF
- 1G** 1/2 c. Fresh Fruit
- 0G** 1 c. Water

## Snack (2)

- 1G** 1/2 c. Fiber One® Cereal\*
- 1G** 1 c. Skim Milk

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# Wednesday - 22 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** 1 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 and Syrup

## Lunch (7)

- 3G** 3-6" 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 (8)

- 2G** 4 oz. Tilapia w/
- 0G** 1/4 c. Grilled Peppers
- 0G** 1/2 c. Sautéed Mushrooms
- 1G** 1/2 c. Baked Beans
- 0G** 2 t. Margarine, FF
- 0G** 1 c. Tossed Salad/
- 2Y** 2 T. Ranch Dressing\*
- 0G** 1/2 c. Steamed Veggies
- 1G** 1/2 c. Berries
- 2R** 1-2 x 2 inch Corn-bread\*

## Snack (2)

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

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# Thursday - 22 DFS Daily Factors

## Breakfast (5)

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

## Lunch (7)

- 2G** 4 oz. Turkey
- 1G** 1/2 c. Wild Rice
- 0G** 2 c. Salad Greens
- 0G** 1 T. FF Salad Dressing\*
- 0G** 1 t. FF Margarine
- 2G** 2 sl. WW Bread
- 1G** 1 Apple for Salad
- 0G** add Celery & Lettuce
- 1G** 1/2 c. Whole Kernel Corn
- 0G** 1 T. Mayonnaise, FF
- 0G** 1 c. NSA Lemonade

## Dinner (8)

- 2G** 4 oz. Baked Fish
- 1Y** 1/2 c. Grits
- 0G** 1 c. Salad Greens
- 0G** 1 T. FF Salad Dressing\*
- 2G** 2 Rolls, WW
- 1G** 1 Tangerine
- 1R** 1 t. Butter
- 0G** 1/2 c. Beets
- 1G** 1 small Sweet Potato
- 0G** 2 T. Sour Cream, FF
- 0Y** 1 Diet Coke

## Snack (2)

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

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# Friday- 22 DFS Daily Factors

## Breakfast (5)

<b>1G</b>	1/2 c. Fresh Melon
<b>1G</b>	1 c. Skim Milk
<b>2G</b>	1 c. Fiber One® Ce- real*
<b>1G</b>	1/2 c. Oatmeal
<b>0G</b>	1 T. NSA Jelly, Jam or Syrup
<b>0Y</b>	1 c. Coffee
<b>0G</b>	1/2 c. Tomato Juice*
<b>0G</b>	Artificial Sweetener
<b>0G</b>	Salt*, Pepper
<b>0G</b>	1 c. Water

## Lunch (7)

<b>2G</b>	4 oz. Chicken
<b>2G</b>	2 WW Rolls
<b>1G</b>	1/2 c. Wild Rice
<b>1G</b>	1/2 c. Sweet Potatoes
<b>0G</b>	1 T. Mayonnaise, FF
<b>0G</b>	1 c. Garden Salad
<b>0G</b>	Carrots, Veggies w/ 2 T. FF Salad Dressing*
<b>0G</b>	1/4 c. Salsa*
<b>1G</b>	1/2 c. Watermelon
<b>0G</b>	NSA Lemonade

## Dinner (8)

<b>2G</b>	4 oz. Grilled Chicken
<b>0G</b>	1 c. Squash/Onions
<b>2G</b>	2 WW Rolls or WW Bun
<b>0G</b>	1 T. Margarine, FF
<b>2G</b>	1 c. Fiesta Corn
<b>0G</b>	3 stalks Celery w/ 2 T. FF Cream Cheese & 1 t. Chives
<b>0G</b>	1/2 c. Green Beans
<b>1G</b>	1/2 c. Pinto Beans
<b>1G</b>	1 Pear

## Snack (2)

<b>1Y</b>	6 slices Melba Toast
<b>1G</b>	1 c. Skim Milk
<b>0G</b>	Diet Limeade

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# Saturday - 22 DFS Daily Factors

## Breakfast (5)

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

## Lunch (7)

<b>2G</b>	4 oz. Baked Fish
<b>2G</b>	1 WW Bun
<b>2R</b>	1/2 c. French Fries
<b>0G</b>	1 t. Mustard* & Ketch-up
<b>0G</b>	1 t. Mayonnaise, FF
<b>0G</b>	1/2 c. FF Cole Slaw
<b>0G</b>	1 c. Veggies w/
<b>0G</b>	2 T. Salad Dressing, FF*
<b>1G</b>	1/2 Banana
<b>0G</b>	1 c. Water

## Dinner (8)

<b>2G</b>	4 oz. Stir Fry Chicken
<b>0G</b>	1 c. Veggies
<b>2G</b>	1 c. Brown Rice
<b>2G</b>	2 WW Rolls
<b>0G</b>	2 t. FF Margarine
<b>0G</b>	1/2 c. Okra
<b>1G</b>	1/2 cup Fresh Berries
<b>0G</b>	w/2 T. FF Sour Cream
<b>1R</b>	1 t. Butter
<b>0Y</b>	1 Diet Coke

## Snack (2)

<b>0G</b>	1 c. Veggies w/2 T. Fat Free Dip*
<b>1Y</b>	6 Saltine Crackers*
<b>1G</b>	1 c. Skim Milk

### Notes:





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# Sunday - 22 DFS Daily Factors

## Breakfast (5)

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

## Lunch (7)

<b>2G</b>	4 oz. Turkey
<b>2R</b>	2 x 2" Cornbread*
<b>0G</b>	1 sl. Lettuce & Tomato
<b>0G</b>	1 t. Mustard* & FF Mayo
<b>0G</b>	2 c. Raw Veggies
<b>0G</b>	2 T. Mayonnaise, FF
<b>0G</b>	1 Cucumber w/
<b>0G</b>	2 T. FF Salsa*
<b>0G</b>	1/2 c. SF Gelatin
<b>1G</b>	1 Apricot
<b>2G</b>	1 large Baked Potato

## Dinner (8)

<b>2G</b>	4 oz. Gr. Chicken
<b>2G</b>	1 c. Brown Rice
<b>2G</b>	2 WW Rolls
<b>0G</b>	1/2 c. Steamed Broccoli
<b>0G</b>	1/2 c. Sautéed Onions
<b>0G</b>	& Peppers
<b>1R</b>	1 t. Butter
<b>1G</b>	1/2 cup Fresh Fruit
<b>0G</b>	1/2 c. Mushrooms
<b>0G</b>	1 Cola, Unsweetened, Decaf

## Snack (2)

<b>0G</b>	1 c. Raw Veggies
<b>0G</b>	2 T. FF Salad Dressing*
<b>1Y</b>	24 Oyster Crackers*
<b>1G</b>	1 c. Skim Milk

### Notes: