

Factor 16 Diabetes FOOD SPIRAL[®]





Using The Diabetes FOOD SPIRAL®

16 DFS Daily Factors

Welcome to your weekly menu for the Diabetes FOOD SPIRAL®. According to your **favorable fitness factor**® you are allotted 16 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.

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Monday - 16 DFS Daily Factors

Breakfast (3)

- 1G** 1/2 Grapefruit
- 1G** 1 c. Skim Milk
- 1G** 1 sl. WW Toast
- 0G** 1 t. FF Margarine
- 0G** 1 T. NSA Jelly, Jam or Syrup
- 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* or 2 T. Salsa*
- 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. Margarine, FF
- 2G** 1 large Baked Potato
- 0G** 2 T. Sour Cream, FF
- 1G** 1 WW Roll
- 0G** 1/2 c. Green Beans
- 1G** 1 Apple
- 0Y** 1 c. NSA Tea

Snack (2)

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

Notes:



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Tuesday - 16 DFS Daily Factors

Breakfast (3)

- 1G** 1/2 c. Fresh Berries
- 1G** 1/2 c. Granola
- 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. Grilled Chicken
- 0G** 2 c. Salad w/
- 0G** 1 T. FF Salad Dressing*
- 1G** 1/2 c. Red Potatoes with Skin
- 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 - 16 DFS Daily Factors

Breakfast (3)

1G

1/2 c. Grapes or fresh Berries

1G

1 c. Non-Fat Yogurt, NSA (No Sugar Added)

1G

1/2 c. Oatmeal

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

1G

1/2 c. Pasta, WW

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 - 16 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** 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 Salad Dressing*
- 0G** 1 t. FF Margarine
- 1G** 1 sl. WW Bread
- 1G** 1 Apple for Salad
- 0G** add 1/4 cup Celery
- 0G** on a bed of Lettuce (1 c.)
- 0G** 1 T. Mayonnaise, FF

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
- 0G** 1 T. Artificial Brown Sugar

Snack (2)

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

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Friday- 16 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 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,

0G Carrots, Veggies w/

0G 2 T. FF Salad Dressing*

0G 1 c. Garden Salad

1G 1/2 c. Watermelon

0G NSA Lemonade

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/

0G 2 T. FF Cream Cheese

0G & 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 Diet Limeade

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Saturday - 16 DFS Daily Factors

Breakfast (3)

- 1G** 1 Apple
- 1G** 1 sl. WW Toast
- 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, Jelly or Jam

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 c. Veggies, raw w/
- 0G** 2 T. Salad Dressing, FF*
- 0G** 2 T. Salsa*
- 1G** 1/2 Banana
- 0G** 1 c. Water

Dinner (5)

- 1G** 2 oz. Stir Fry Chicken
- 0G** 1 c. Sautéed Veggies
- 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 SF Decaf Cola

Snack (2)

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

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Sunday - 16 DFS Daily Factors

Breakfast (3)

- 1G** 1 Peach
- 1G** 1/2 English Muffin WW
- 0G** 1 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, Jelly or Jam

Lunch (6)

- 2G** 4 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
- 1G** 1 small Baked Potato

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** 2 t. Margarine, FF
- 1G** 1/2 cup Fresh Fruit
- 0G** 1/2 c. Mushrooms, raw
- 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: