

# Your 2200-calorie meal plan

## The importance of healthy eating

Healthy eating is an important part of managing your diabetes. The food in your meal plan will provide the calories and nutrients you need each day to manage your blood sugar and give you the energy you need for healthy living. Speak with your health care professional about the calorie meal plan that's right for you.

To lose weight, you will need to eat fewer calories or use up more calories by being more active. To gain weight, you will need to eat more calories than you use up. Your diabetes care team can help you figure out how many calories you need to take in each day and the amount of physical activity you should get, depending on your goal. Once you know the number of calories, be sure to check the calorie counts of the foods you eat. You can look up calorie counts online. You can also find them on the Nutrition Facts labels on packaged foods.

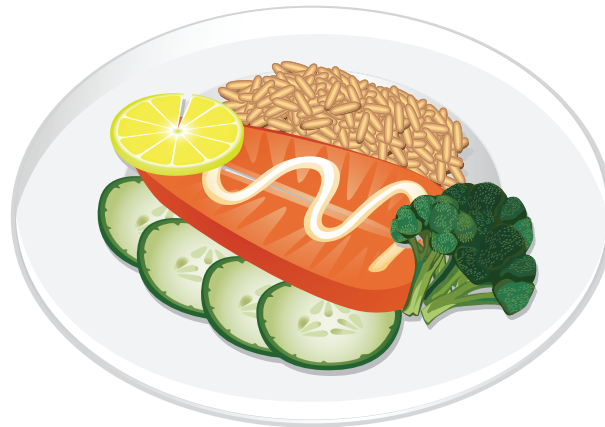
You may want to ask your doctor to refer you to a registered dietitian. This person can help you come up with a meal plan tailored just for you. You want to have the right balance of food, medicine, and activity.

## Choose your foods: Exchange lists for diabetes

The Exchange Lists offer a large selection of foods grouped together because they have about the same nutritional content. Each serving of a food has about the same carbohydrate, protein, fat, and calories as the other foods in that list. Any food within a list can be "exchanged" for another food in the same list.

Ask your diabetes care team for a copy of the **Cornerstones4Care®** booklet, *Carb Counting and Meal Planning*, from Novo Nordisk. It includes the Exchange Lists for Diabetes and other useful information on healthy eating. Use the Exchange Lists in *Carb Counting and Meal Planning* with this meal-planning information.

To learn more about healthy eating and menu planning, visit [Cornerstones4Care.com](http://Cornerstones4Care.com).



For more information, visit  
[Cornerstones4Care.com](http://Cornerstones4Care.com)

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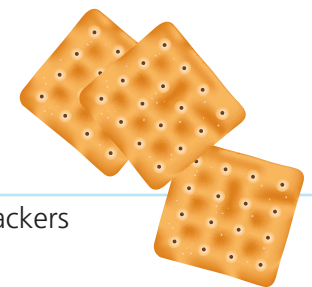


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For more information about meal planning, go to [Cornerstones4Care.com](http://Cornerstones4Care.com) and take advantage of our online Menu Planner to create a 7-day menu plan, including diabetes-friendly recipes and a customized grocery list.

The following sample menu for a 2200-calorie meal plan includes a total of 10 starch exchanges, 4 fruit exchanges, 4 milk exchanges, 4 nonstarchy vegetable exchanges, 7 meat exchanges, and 6 fat exchanges daily.

Meal	Exchanges	Sample
<b>Breakfast</b>	2 starch 1 meat, lean 1 fat 1 milk 1 fruit	1 multi-grain English muffin 1 ounce Canadian bacon 1 teaspoon butter or margarine 1 cup fat-free milk 1 cup cubed honeydew melon
<b>Snack</b>	1 milk 1 starch + 1 fat	$\frac{2}{3}$ cup (6 ounces) reduced-fat plain yogurt $\frac{1}{4}$ cup granola
<b>Lunch</b>	2 meat, lean 1 vegetable  2 fat 2 starch free food 1 fruit	$\frac{1}{2}$ cup egg substitute, scrambled $\frac{1}{2}$ cup sautéed vegetables (for example, onions, peppers, and mushrooms)  2 teaspoons oil or margarine 2 corn tortillas, 6 inches across $\frac{1}{4}$ cup salsa $\frac{1}{2}$ small mango
<b>Snack</b>	1 milk 1 fruit 1 starch	$\frac{2}{3}$ cup (6 ounces) low-fat vanilla yogurt $1\frac{1}{4}$ cups frozen strawberries 3 tablespoons wheat germ
		} Fruit smoothie
<b>Dinner</b>	3 starch 3 meat, medium fat 2 vegetable 2 fat 1 vegetable 1 fruit	1 cup whole-wheat pasta, cooked 3 ounces lean beef meatballs 1 cup sautéed broccoli 2 teaspoons olive oil 1 cup sliced tomato and cucumber $\frac{1}{2}$ cup fresh pear
<b>Snack</b>	1 starch 1 meat, high fat 1 milk	2 to 5 ( $\frac{3}{4}$ ounce) whole-wheat lower-fat crackers 1 ounce cheese 1 cup fat-free milk



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# Your personal meal plan

Grams Percent

Carbohydrate: \_\_\_\_\_

Protein: \_\_\_\_\_

Fat: \_\_\_\_\_

Calories: \_\_\_\_\_

Meal plan for: \_\_\_\_\_ Date: \_\_\_\_\_

Dietitian: \_\_\_\_\_ Phone: \_\_\_\_\_

Time	Number of Exchanges	Menu Ideas
<b>Breakfast</b>	_____ Carbohydrate group	_____
	_____ Starch	_____
	_____ Fruit	_____
	_____ Milk	_____
	_____ Meat and meat substitutes group	_____
	_____ Fat group	_____
<b>Snack</b>	_____	_____
	_____	_____
<b>Lunch</b>	_____ Carbohydrate group	_____
	_____ Starch	_____
	_____ Fruit	_____
	_____ Milk	_____
	_____ Nonstarchy vegetables	_____
	_____ Meat and meat substitutes group	_____
	_____ Fat group	_____
<b>Snack</b>	_____	_____
	_____	_____
<b>Dinner</b>	_____ Carbohydrate group	_____
	_____ Starch	_____
	_____ Fruit	_____
	_____ Milk	_____
	_____ Nonstarchy vegetables	_____
	_____ Meat and meat substitutes group	_____
	_____ Fat group	_____
<b>Snack</b>	_____	_____
	_____	_____

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