



# Port Hope Community Health Centre

*"Building a healthier community together"*

## Diabetes Meal Planning

### Sample Menus (60g of Carbohydrates at each meal)

#### Day 1

|            | <u>Carbs (g)</u> |   |
|------------|------------------|---|
| Breakfast: |                  | 1 poached egg   |
|            | 30               | 2 slices whole grain toast  |
|            |                  | 1 tsp non-hydrogenated margarine  |
|            | 15               | 1 medium orange   |
|            | 15               | 1 cup low-fat milk <u>or</u> ¾ cup artificially sweetened yogurt  |
| Lunch:     |                  | ¼ cup tuna (canned in water)  |
|            |                  | 1 tsp. light mayonnaise type dressing   |
|            | 30               | 1 6-inch whole wheat pita bread   |
|            |                  | Lettuce, tomato, cucumber as desired on pita  |
|            | 15               | 1 cup low-fat milk <u>or</u> ¾ cup artificially sweetened yogurt  |
|            | 15               | ½ cup unsweetened applesauce  |
| Dinner:    |                  | 3.oz grilled chicken breast   |
|            |                  | 1½ cups of stir-fried vegetables (mix of mushrooms, red and green peppers, green onions, zucchini, celery, cauliflower) |
|            |                  | Non-stick spray <u>or</u> 1-2 tsp. of olive or canola oil   |
|            | 30               | 1 cup cooked whole wheat pasta <u>or</u> 2/3 cup of brown rice  |
|            | 15               | 1 cup low-fat milk <u>or</u> ¾ cup artificially sweetened yogurt  |
|            | 15               | 1 small banana  |

#### Day 2

|            | <u>Carbs (g)</u> |   |
|------------|------------------|---|
| Breakfast: | 30               | Oatmeal (make 2/3 cup dry and add water)  |
|            | 15               | ¾ cup artificially sweetened yogurt   |
|            | 15               | 1 cup of blueberries (15g)  |
| Lunch:     | 30               | Chicken sandwich (2oz. chicken breast, 2 slices whole wheat bread)              |
|            |                  | 1 tsp. non-hydrogenated margarine   |
|            |                  | Lettuce, tomato, onion  |
|            | 15               | 1 small apple   |
|            | 15               | 1 cup low-fat milk  |
| Dinner:    |                  | 3oz. baked sole or other white fish   |
|            |                  | 1 cup steamed broccoli and cauliflower  |
|            | 30               | 2/3 cup brown rice  |
|            |                  | 2 cups of tossed salad (mixed greens, cucumber, celery, tomato, grated carrots) |
|            |                  | 1 tbsp. light salad dressing  |
|            | 15               | 1 cup of low fat milk   |
|            | 15               | 2 medium plums  |

### **Day 3**

|            | <u>Carbs (g)</u> |   |
|------------|------------------|---|
| Breakfast: | 15               | 1 slice of whole grain toast  |
|            |                  | 1 tbsp. peanut butter   |
|            | 30               | 1 cup of bran flakes  |
|            | 15               | 1 cup low fat milk  |
| Lunch:     |                  | 2 oz. extra lean roast beef   |
|            | 30               | 1 large whole wheat tortilla wrap   |
|            |                  | Onion, lettuce, tomato, mustard   |
|            |                  | 1 tbsp. light mayonnaise type dressing  |
|            | 15               | 1 medium pear   |
|            | 15               | 1 cup low-fat milk  |
| Dinner:    |                  | 3 oz. salmon  |
|            | 30               | 2/3 cup sweet potato <u>or</u> 1 medium white potato  |
|            |                  | 1 ½ cups oven roasted vegetables (zucchini, cauliflower, red and yellow peppers)                  |
|            |                  | Toss vegetables with 1 tsp. olive oil and a generous amount of Balsamic vinegar and roast in oven |
|            | 15               | 1 cup of low fat milk or ¾ cup artificially sweetened yogurt                                      |
|            | 15               | 2 cups whole strawberries   |

### **Day 4**

|            | <u>Carbs (g)</u> |  |
|------------|------------------|--|
| Breakfast: | 30               | Flax bran muffin (see recipe)  |
|            | 15               | 1 small banana   |
|            | 15               | ¾ cup artificially sweetened yogurt  |
| Lunch:     | 15               | 1 cup soup   |
|            | 30               | Ham sandwich (2 slices whole grain bread, 2 oz. extra lean ham, 1 tsp non-hydrogenated soft margarine) |
|            | 15               | 15 grapes  |
| Dinner:    |                  | 3 oz. lean roast beef  |
|            | 30               | ½ cup mashed potato  |
|            |                  | ½ cup carrots  |
|            |                  | 1 to 2 cups of spinach salad   |
|            |                  | 1 tbsp. light salad dressing   |
|            | 15               | 1 cup of low fat milk or ¾ cup artificially sweetened yogurt   |
|            | 15               | 1 large peach  |