

Addiction: Sugar must be listed 5th or beyond on the ingredient label

Diabetic Food Exchange/Balanced Food Plan

Breakfast	Sample	Sample
2 Starch	2 oz oatmeal	2 oz bread
2 Protein	2 eggs	2 eggs
1 Dairy	1 oz powdered milk	8 oz yogurt
1 Fruit	5 oz banana	5 oz berries
1 Fat	.5 oz butter	.5 oz butter

Snack	Sample	Sample
1 Protein	5 oz apple	5 oz banana
1 Fruit	1 oz string cheese	1 oz peanut butter

Lunch	Sample	Sample
2 Starch	2 oz bread	2 oz flatbread
3 Protein	3 oz deli meat/cheese	3 oz cheese
2 Veggies	10 oz raw veggies	10 oz asparagus, onions, tomato
1 Fruit	5 oz fresh fruit	5 oz fresh fruit
1 Fat	1 oz avocado	.5 oz oil

Supper	Sample	Sample
2 Starch	5 oz pasta	4 oz rice
3 Protein	3 oz hamburger	3 oz chicken
2 Veggies	10 oz tomato, spinach	10 oz stir fry veggies
1 Fruit	5 oz fresh fruit	5 oz fresh fruit
2 Fat	1 oz cheese	1 oz oil

Snack	Sample	Sample
1 Starch	1 oz fiber one	1 oz oatmeal
1 Dairy	8 oz plain yogurt	8 oz milk
1 Fruit	5 oz blueberries	1 oz raisins

1 Starch Equals

3 oz cooked potato
1 oz bread
2 oz cooked rice
2.5 oz cooked pasta
1 oz raw oatmeal
1 oz pretzel
1 oz flatbread

Dairy

1 oz powdered milk
8 oz yogurt
8 oz milk

Protein

1 oz cooked meat
1/2 cup beans
1 egg
1 oz cheese
1 oz peanut butter
1/4 cup cottage cheese

Fruit

5 oz any raw fruit
1 oz any dried fruit

Fat

.5 oz butter
.5 oz peanut butter
.5 oz oil
.5 oz cheese
1 oz avocado

A Busy Mom's Guide to Eating Well

Post a weekly dinner menu

Shop for groceries from your menu and your grocery list

Post a grocery list

When something runs out write it down

Keep a well stocked pantry

Chicken stock, pasta, rice, flour, sugar, beans, condiments, spices, canned goods

Buy fresh vegetables weekly

Tomatoes, lettuce, spinach, cucumbers, carrots, sugar snap peas, broccoli, zucchini, peppers, onions, brussel sprouts

Buy fresh fruit weekly

Bananas, oranges, apples, pears, lemon, lime, seasonal fruit

Eat what's in season

Tastes great and usually on sale

Buy healthy snacks

Look at ingredient list: First 4 ingredients NOT sugar
Raisins, yogurt, string cheese, nuts, granola bars, pretzels

Keep healthy snacks in eye sight

Fresh fruit bowl, cherry tomatoes, bowl of nuts

Prep food in advance

Cook ground hamburger, chicken breast, sausage for use during the week

Cook or cut extra

Roast potatoes, pasta, rice, veggies

Try new recipes

Choose 4 new recipes each month from cooking magazines

Drink water

64 ounces each day

Breakfast Loaf—2oz oatmeal, 2 eggs, 1oz powdered milk, 5oz mashed bananas. Stir together. Spray a mini loaf pan bake 360* for 35-40minutes. Top with 1tsp butter.

Salad Options—2 starches—6oz roasted potatoes, 1 cup cooked pasta, 1 cup quinoa, 1 cup beans, 2oz bread, 2oz chips or crackers
3 protein—3 oz chicken, cheese, steak, shrimp, tuna, tofu, hamburger, 3 eggs, 1 cup beans
2 vegetables—2 cups/10oz of any variety of vegetables
1 fruit—1 cup/5oz of any fruit
1 fat—1 tsp oil, 1oz avocado, 1oz nuts, 1TbIs peanut butter, 1/2oz cheese, 6 olives

Potato salad—6 oz roasted potatoes cut in bite size chunks, 3 hard boiled eggs chopped, 1 Tbls mayo, 3 Tbls lite sour cream, 10oz chopped celery, peppers, onions, tomatoes, spinach, season to taste with dijon mustard, celery salt and pepper.

Nicoise Salad—6oz roasted potatoes, 10oz romaine lettuce, green beans, tomatoes, onions, 1 hard boiled egg, 2 oz shrimp, 6 nicoise olives and capers or anchovies

Caprese Salad—Mix together 1 cup cooked bow tie pasta, 9oz cherry tomatoes halved, 1oz baby spinach and 3oz mozzarella pearls and fresh basil leaves chopped. In a small bowl stir together 1 tsp olive oil, 2 Tbls fresh lemon juice, 1 tsp garlic, salt and pepper to dress salad. Drizzle with balsamic glaze before serving.

Pizza—Spread 2oz of salsa on a flatout bake 400* for 5 minutes, grill 10oz asparagus, sundried tomatoes, and onions with a tsp of oil, place veggies on baked flat-out and 3oz of cheese put back in oven until cheese melts. Garnish with fresh herbs and balsamic glaze.

Frittata—6oz roasted potatoes, 10oz cooked peppers, mushrooms, onion, spinach, broccoli, 2 eggs sunny side up, 1oz cheese, layer ingredients in a pie pan. Bake 350* for about 10 minutes until cheese is melted. Top with 3 Tbls light sour cream and 2oz salsa.

Deli Sandwich—2 slices bread, 1oz avocado, 2oz deli meat, 1oz deli cheese, 10oz lettuce, tomatoes, cucumbers, spinach and sugar snap peas and carrots on the side.