

1-Day Sample 1200 Meal Plan Using Carbohydrate Exchange Lists

Carbohydrate Goals: 45 grams carbohydrate per meal, 0-15 grams carbohydrate per snack

	Starches	Fruits	Milk	Nonstarchy Vegetables	Total Carbohydrate
Breakfast 1 small banana ¾ cup corn flakes 1 cup fat-free milk	1	1	1		45 grams
Lunch For sandwich: 2 slices whole wheat bread 2 ounces chicken breast 2 tablespoons avocado 1 cup raw carrot & celery sticks 1 small apple	2	1		1	50 grams
Snack 6 ounces non-fat fruited yogurt with sugar-free sweetener			1		15 grams
Dinner 2 ounces prime rib ½ large baked potato 1½ tablespoons reduced-fat sour cream ½ cup cooked green beans 1 tsp olive oil 3 almonds, sliced 1 cup melon balls	2	1		1	50 grams

For fruit, milk and starch: 1 carbohydrate exchange = 15 grams carbohydrate

For non-starchy vegetables: 1 serving of carbohydrate = 5 grams carbohydrate

UCSF Medical Center. Adapted from Carbohydrate Counting and Diabetes: American Dietetic Association