

1-Day Sample 1600 Meal Plan Using Carbohydrate Exchange Lists

Carbohydrate Goals: 60 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 slice whole wheat bread 1 teaspoon soft margarine	2	1	1		60 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 1 cup fat-free milk	2	1	1	1	65 grams
Snack 6 ounces non-fat fruited yogurt with sugar-free sweetener			1		15 grams
Dinner 3 ounces prime rib ½ large baked potato 1½ tablespoons reduced-fat sour cream Lettuce salad with 1 cup chopped non-starchy veggies 1 tablespoon reduced-fat salad dressing 1 small whole wheat dinner roll 1 cup melon balls	3	1		1	65 grams
Snack 1 cup sugar snap peas 2 tablespoons reduced-fat salad dressing				1	5 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