

1600 Calorie Sample Meal Plan Using Exchange Lists for Diabetes

	Starches	Fruits	Milk	Nonstarchy Vegetables	Meat and Meat Substitutes	Fats	Menu Ideas
Breakfast	2	1	1			1	1 small banana ¾ cup corn flakes 1 cup fat-free milk 1 slice whole wheat bread 1 teaspoon soft margarine
Lunch	2	1	1	1	2	1	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
Snack			1				6 ounces non-fat fruited yogurt with sugar-free sweetener
Dinner	3	1		1	3	1	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
Snack				1		1	1 cup sugar snap peas 2 tablespoons reduced-fat salad dressing
Total Exchanges	7	3	3	3	5	4	

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