

Meals and Snacks Planner

Use the “meals and snacks planner” to plan meals and snacks for a day. Put high-carb foods on the left and low-carb foods on the right. If a dish has a mixture of foods (like spaghetti), put the name of the dish in the middle and the foods that make up the dish on either side. In this example, the foods would be noodles, spaghetti sauce and ham-burger.



This form will help you plan for a variety of high- and low-carb foods at each meal. These don't necessarily need to balance exactly, because servings may be doubled or halved when a person eats the meal. For example, if you are having spaghetti you will likely have 2 servings ($\frac{2}{3}$ cup) of noodles. Also, you might plan to have green beans for dinner. If you have 1 cup of green beans, that would be 2 servings.

Count the number of servings from each of the food groups. See if the totals for each of the food groups fall within the recommended ranges on the Diabetes Food Guide Pyramid for your calorie needs. If not, make changes in your menu.

Note: You do not need to use all of the lines at a given meal or snack. Just use the lines you need to meet your recommended levels with the foods you choose. In other words, unless you are eating very small meals, you will probably not need three snacks. One or two snacks may be more appropriate for most people.

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HIGH-CARB FOODS

LOW-CARB FOODS

Breakfast

Snack

Lunch

Snack

Dinner

Snack
