

Nutrition Guidelines for Good Health

sample menu

BREAKFAST

cottage cheese, low-fat (1/2 cup)
 whole-wheat toast (1 slice)
 margarine (1 tsp.)
 peaches, unsweetened (1/2 cup)
 coffee/tea, decaf
 sugar substitute

MID-MORNING SNACK

fruited yogurt, light (1 cup)

LUNCH

deli turkey, lean (3 oz.)
 whole-wheat bread (2 slices)
 lettuce (2 leaves)
 tomato, medium (2 slices)
 low-fat mayonnaise (1 Tbsp.)
 carrot and celery sticks
 apple, medium (1)
 1% milk (1 cup)

MID-AFTERNOON SNACK

peanut butter (2 Tbsp.)
 whole-wheat bread (1 slice)

DINNER

mixed green salad (1 cup)
 low-cal salad dressing (2 Tbsp.)
 roast beef, lean (3 oz.)
 baked potato, small (1)
 green beans (1/2 cup)
 margarine (2 tsp.)
 fresh fruit salad (1/2 cup)
 1% milk (1 cup)
 coffee/tea, decaf
 sugar substitute

EVENING SNACK

cheese (2 oz.)
 crackers (6)

Calories for Menu:

2175 calories
 250 g carbohydrate
 125 g protein
 75 g fat

guidelines for hypoglycemia

General Principles

- Eat five to six small meals a day. This will help balance the amount of glucose throughout the day.
- Meals and snacks should be eaten around the same time everyday. Do not skip meals.
- Include a protein source at each meal and snack. These include

meat	fish	poultry
cheese	eggs	cottage cheese
peanut butter	nuts	
- Include snacks between meals which contains protein and carbohydrate. Examples: 1/2 meat sandwich, cheese and crackers, milk and graham crackers, cereal and milk, or cottage cheese and toast.
- Distribute the amount of carbohydrate containing foods throughout the day. Eating too much at one meal can lead to a fall in blood glucose later. Foods containing complex carbohydrate include

breads	cereals	pasta
rice	fresh fruit	unsweetened cereal
crackers	dried beans	milk
- Choose high fiber foods such as fresh fruits, raw vegetables, whole-grain breads and cereals, nuts, and dried beans in your diet.
- Limit foods that are high in sugar. These include

cakes	candy	cookies
syrup	pies	regular gelatin
jam, jelly	pastries	regular fruited yogurt
sugar	honey	sweetened cereal
brown sugar	fruit canned in heavy or light syrup	
regular soft drinks, lemonade, punches		
- Limit caffeine. Large amounts of caffeine can cause symptoms similar to hypoglycemia.
- Limit or avoid alcoholic beverages. Alcohol lowers blood sugar quickly, especially on an empty stomach.
- If you experience signs of hypoglycemia such as sweating, shaking, weakness, hunger, headaches, dizziness, or anxiety, it is important to consume food or beverages containing simple carbohydrate.

Examples

 - 1/2 cup orange juice or other 100% fruit juice
 - 1 cup milk or yogurt
 - 1/2 cup regular soft drink
 - crackers, cereal, breads
- After you have treated the hypoglycemia, follow with a meal or snack that includes carbohydrate and protein such as
 - 1/2 sandwich
 - cheese and crackers
 - peanut butter and banana