

# Nutrition Guidelines for Good Health

## sample menu

### BREAKFAST

unswt. orange juice (1/2 cup)  
whole-wheat toast (2 slices)  
margarine (2 tsp.)  
low-fat cheese (1 oz.)  
1% milk (1 cup)  
coffee/tea  
sugar substitute

### LUNCH

water-packed tuna (1/2 cup)  
low-fat mayonnaise (1 Tbsp.)  
chopped celery (1/8 cup)  
rye bread (2 slices)  
sliced tomato (1 medium)  
banana (1/2)  
Diet soda

### DINNER

mixed green salad  
low-cal salad dressing (2 Tbsp.)  
broiled skinless chicken  
breast (3 oz.)  
baked potato (1 small)  
green beans (1/2 cup)  
margarine (2 tsp.)  
angel food cake (1 slice)  
strawberries (1 cup)  
1% milk (1 cup)  
coffee/tea  
sugar substitute

### SNACK

whole-wheat toast (1 slice)  
peanut butter (1 Tbsp.)

### Calories for Menus:

1750 calories  
230 g carbohydrate  
95 g protein  
50 g fat

## guidelines for diabetes

### General Principles

- Eat three meals. Do not skip meals.
- Eat about the same amount of food and carbohydrate at each meal. Carbohydrate foods are starches, fruit, milk, and foods with added sugar.
- Meals and snacks should be eaten around the same time everyday.
- Meals should be not more than five hours apart.
- Include high fiber foods such as fresh fruits, raw vegetables, whole-grains, and beans in your diet.
- If you are on a pill for your blood sugar or insulin, eat a small snack at bedtime which contains protein and starch. Examples are a 1/2 meat sandwich, cheese and crackers, milk and graham crackers, cereal and milk, or cottage cheese and toast.
- 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		

- In place of sugar, use a sugar substitute. Instead of regular soda, drink diet and sugar-free beverages.
- Regular exercise can help with blood sugar control. With approval from your doctor, exercise daily or at least three times a week.
- Reach and maintain a reasonable weight. If you need to lose weight, even small amounts of weight loss can help with blood sugar control. Ideas to lose weight include:
  - Decrease your portion sizes.
  - Snack less or use low calorie choices such as vegetables, diet gelatin, or diet soda.
  - Limit high-fat foods such as potato chips, and french fries.
  - Broil, bake or boil meats. Cut off the visible fat. Do not fry.
  - Choose skim, nonfat, or 1% dairy products.
  - Have smaller portions of meats and cheeses. Have larger servings of vegetables.
  - Limit use of fats such as butter, margarine, mayonnaise, salad dressing, oil, and gravy.
  - Discuss with your physician about adding exercise into your daily routine.