



My Menu Planner
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1-877-510-510-2

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Type 2 diabetes menu plan for prevention and management – Female

How to use this meal plan

This meal plan is for general informational purposes only and is not meant to replace personalized advice given to you by your healthcare team. To find out about the amount of carbohydrate that's right for you, ask your doctor for a referral to a Registered Dietitian at a Diabetes Education Centre. In the meantime, this meal plan can help you get started on planning healthy meals to help prevent or manage diabetes.

Why is the amount of carbohydrate listed on the menu?

Carbohydrate is one key source of the energy we get from food. It is found in cereals, breads, fruit, juices, starchy vegetables (potatoes, yams, corn), legumes, milk, yogurt and sweets. When you eat carbohydrate, it becomes glucose in the blood. For people with diabetes, glucose stays in the blood and raises blood glucose levels. This can cause health problems over time.

It is important to know how much carbohydrate is in each meal or snack that you eat. This information can help you stay within your blood glucose target ranges. The amount of carbohydrate listed on the menu plan is the amount that will directly affect your blood glucose levels.

How much carbohydrate should I have?

A Registered Dietitian will help you plan the right amount of carbohydrate for you. Try to have a consistent amount of carbohydrate at each meal and snack. A safe starting point for most **women** is **45 to 60 g** of carbohydrate and for most **men** is **60 to 75 g** of carbohydrate per meal. Snacks during the day or before bedtime will usually have **15 to 30 g** of carbohydrate.

Some notes about the information in this menu plan:

Each meal and snack includes the amount of available carbohydrate grams, carbohydrate choices, fibre, calories and food groups. Work with your healthcare team to decide on your healthy eating goals. All information has been taken from the Canadian Diabetes Association resource, *Beyond the Basics* (2007), and the Canadian Nutrient File (2007b). At the end of the menu plan you will find a table that can help you make changes to the menu plan to suit your needs. For help with using this plan or to find a Diabetes Education Centre in your area, call EatRight Ontario at 1-877-510-510-2.

Legend:

GS: Grains and starches
Milk: Milk and alternatives
F: Fruits
Meat: Meat and alternatives
Fat: Fats
V: Vegetables

*Find the recipes marked with an asterisk in the recipe section of the EatRight Ontario website at www.eatrightontario.ca.



Monday

Breakfast	Lunch	Dinner	Snack 1	Snack 2
<p>Plain large flake oatmeal, cooked, 175 mL (¾ cup) topped with</p> <ul style="list-style-type: none"> • Raisins, 30 mL (2 tbsp) • Cinnamon, pinch • Sunflower seeds, 60 mL (¼ cup) <p>Kiwi, 1 small Skim milk, 250 mL (1 cup)</p> <p>Carbohydrate: 52 g (3.5 choices)</p> <p>Fibre: 9 g Calories: 461 GS: 1 Milk: 1 F: 1.5 Meat: 0 Fat: 3 V: 0</p>	<p>Minestrone Soup *, 375mL (1½ cup) Grapes, 125mL (½ cup) Open faced Sandwich;</p> <ul style="list-style-type: none"> • Turkey, roasted, 60 g (2 oz). Pumpernickel bread, 1 slice • Spinach, a few leaves • Mustard, 5 mL (1 tsp) <p>Water</p> <p>Carbohydrate: 45 g (3 choices)</p> <p>Fibre: 8 g Calories: 416 GS: 2 Milk: 0 F: 1 Meat: 2 Fat: 0 V: 1</p>	<p>Asparagus and Red Pepper Omelet:</p> <ul style="list-style-type: none"> • Egg whites, 2 • Water, 30 mL (2 tbsp) • Asparagus Spear, 125 mL (½ cup) • Red Pepper, 125 mL (½ cup) <p>Yogurt Parfait:</p> <ul style="list-style-type: none"> • Yogurt (artificially sweetened), 175 mL (¾ cup) • Fruit cocktail, 125 mL (½ cup) • Bran , 15 mL (1 tbsp) <p>Spinach salad:</p> <ul style="list-style-type: none"> • Spinach, 250 mL (1 cup) • Tomato, diced, 1 • Carrot, shredded, 30 mL (2 tbsp) • Fat-free salad dressing, 15 mL (1 tbsp) <p>Skim Milk, 250 mL (1 cup)</p> <p>Carbohydrate: 45 g (3 choices)</p> <p>Fibre: 8 g Calories: 354 GS: 0 Milk: 2 F: 1 Meat: 2 Fat: 0 V: 2</p>	<p>Small homemade muffin (45 g) Water</p> <p>Carbohydrate: 15 g (1 choice)</p> <p>Fibre: 1 g Calories: 133 GS: 1 Milk: 0 F: 0 Meat: 0 Fat: 1 V: 0</p>	<p>Whole wheat crackers, 6 Lower-fat cheddar cheese (20% M.F or less), 30 g (1 oz) Skim Milk, 125 mL (½ cup)</p> <p>Carbohydrate: 22 g (1.5 choices)</p> <p>Fibre: 3 g Calories: 207 GS: 1 Milk: 0.5 F: 0 Meat: 1 Fat: 0 V: 0</p> <p>Total calories for the day: 1610</p>

Notes:



Tuesday

Breakfast	Lunch	Dinner	Snack 1	Snack 2
<p>High-fibre cereal with at least 4 g of fibre, 250 mL (1 cup) Walnuts, 60 ml (1/4 cup) Skim milk, 250 mL (1 cup) Pear, 1 Medium</p> <p>Carbohydrate: 60 g (4 choices)</p> <p>Fibre 14 g Calories: 536 GS:2 Milk:1 F:1 Meat :0 Fat:3 V:0</p>	<p>Pita Pizza:</p> <ul style="list-style-type: none"> • Whole wheat pita, ½ small (6 ") • Low sodium Tomato sauce, 15 mL (1 tbsp) • Veggies (tomatoes, peppers, mushrooms) • Partly skimmed mozzarella cheese, 60 g (2 oz) <p>Plums, 2 medium Carrot and celery sticks, 250 mL (1 cup) Milk Pudding, skim, no sugar added, 125 mL (½ cup) Water</p> <p>Carbohydrate: 45 g (3 choices)</p> <p>Fibre: 7 g Calories: 379 GS:1 Milk:1 F:1 Meat:2 Fat:0 V:1.5</p>	<p>Baked Salmon, 60 g (2 oz.) Baked potato, 1 medium Frozen broccoli and cauliflower, steamed, 250mL (1 cup) Canned peaches (packed in light syrup), 125 mL (½ cup) Skim milk, 125 mL (½ cup)</p> <p>Carbohydrate: 52 g (3.5 choices)</p> <p>Fibre: 10 g Calories: 459 GS:2 Milk:0.5 F:1 Meat:2 Fat:0 V:1</p>	<p>Raw mixed vegetables (carrots, celery, peppers, cucumber), 250 mL (1 cup) Low-fat ranch dressing, 60mL (¼ cup) Water</p> <p>Carbohydrate: 0 g (0 choices)</p> <p>Fibre: 2 g Calories: 176 GS:0 Milk:0 F:0 Meat:0 Fat: 2 V:1</p>	<p>Protein Bar*, 1 Water</p> <p>Carbohydrate: 30 g (2 choices)</p> <p>Fibre: 4 g Calories: 201 GS:1 Milk:0 F:1 Meat:1 Fat:0 V:0</p> <p>Total calories for the day: 1750</p>

Notes:



Wednesday

Breakfast	Lunch	Dinner	Snack 1	Snack 2
Whole-grain toast, 2 slices Non-hydrogenated light margarine, 10 mL (2 tsp) Apple, 1 small Scrambled eggs: <ul style="list-style-type: none"> Eggs, 1 Skim milk, 75 mL (1/3 cup) Lower-fat cheddar cheese(20% M.F), grated, 15 mL (1 tbsp) Vegetables, diced, (peppers, onions, tomatoes), 125 mL (1/2 cup) Tea or coffee Carbohydrate: 45 g (3 choices) Fibre: 6 g Calories: 465 GS:2 Milk:0 F:1 Meat:1.5 Fat:2 V:0.5	Salmon salad: <ul style="list-style-type: none"> Salad greens, 375mL (1 1/2 cup) Leftover baked salmon, 60 g (2 oz.) Cherry tomatoes, 125 mL (1/2 cup) Red pepper, sliced, 125 mL (1/2 cup) Fat-free salad dressing, 15 mL (1tbsp) Whole-grain roll, 1 small Unsweetened Applesauce, 125 mL (1/2 cup) Skim milk, 250 mL (1 cup) Carbohydrate: 45 g (3 choices) Fibre: 6 g Calories: 410 GS:1 Milk:1 F:1 Meat:2 Fat:0 V:2.5	Sweet Chili Tofu Stir-Fry *, 1 serving, 250 mL (1 cup) Brown rice, 150 mL (2/3 cup) Cantaloupe, 250 mL (1 cup) Water Carbohydrate: 60 g (4 choices) Fibre: 6 g Calories: 309 GS:2 Milk:0 F:1 Meat:1 Fat:0 V:1 Other: 1 (from sauce)	Trail Mix: <ul style="list-style-type: none"> Mixed nuts, unsalted, 60ml (1/4 cup) Dried Fruit, 30 mL (2 tbsp) Water Carbohydrate: 15 g (1 choice) Fibre: 4 g Calories: 262 GS:0 Milk:0 F:1 Meat: 0 Fat:3 V:0	Hummus, 75 mL (1/3 cup) Whole-wheat pita, 1/2 small (6") Skim Milk, 125 mL (1/2 cup) Carbohydrate: 30 g (2 choices) Fibre: 7 g Calories: 249 GS:1.5 Milk:0.5 F:0 Meat:1 Fat:0 V:0 Total calories for the day: 1695

Notes:



Thursday

Breakfast	Lunch	Dinner	Snack 1	Snack 2
Peanut butter & banana wrap: <ul style="list-style-type: none"> Whole-wheat tortilla, 1 small (6") Peanut butter, 30 mL (2 tbsp) Banana, 1 small Fortified plain soy beverage, 250 mL (1 cup) Carbohydrate: 45 g (3 choices) Fibre : 6 g Calories: 534 GS:1 Milk:1 F:1 Meat:1 Fat:0 V:0	Chicken Bulgur Salad* , 250 mL (1 cup) Green salad: <ul style="list-style-type: none"> Salad greens, 250 mL (1 cup) Carrot, grated, 60 mL (¼ cup) Fat-free salad dressing, 15 mL (1 tbsp) Apple, 1 medium Water Carbohydrate: 45 g (3 choices) Fibre : 6 g Calories: 420 GS:2 Milk: 0 F:1 Meat:1 Fat:2 V:1	Pork chop, baked, 90 g (3 oz.) Sweet potato, baked and mashed, 75 mL (1/3 cup) Green beans, steamed, 250 mL (1 cup) Gingersnap Cookies, 3 Skim milk, 250 mL (1 cup) Carbohydrate: 45 g (3 choices) Fibre: 5 g Calories: 497 GS:1 Milk:1 F:0 Meat:3 Fat:0 V:1 Other:1 (from cookies)	Plain granola bar, 1 Water Carbohydrate: 15 g (1 choice) Fibre : 1 g Calories: 124 GS:1 Milk:0 F:0 Meat:0 Fat:1 V:0	Cheese apple toast: <ul style="list-style-type: none"> Pumpernickel bread, toasted, 1 Lower- fat cheddar cheese melted (20% M.F), 15 mL (1 tbsp) Sliced Granny Smith Apple, ½ medium Chai tea Carbohydrate: 22 g (1.5 choice) Fibre: 4 g Calories: 136 GS:1 Milk:0 F:0.5 Meat:0.5 Fat:0 V:0 Total calories for the day: 1711

Notes:



Friday

Breakfast	Lunch	Dinner	Snack 1	Snack 2
<p>Rise and Shine Breakfast Sandwich* Baby carrots, 125 mL (1/2 cup) Fruit Yogurt, artificially sweetened 175 mL (3/4 cup) Tea of coffee</p> <p>Carbohydrate: 45 g (3 choices)</p> <p>Fibre: 6 g Calories: 394 GS:2 Milk:1 F:0 Meat:1 Fat:0 V:0.5</p>	<p>Black Bean Couscous Salad* 250 mL (1 cup) Red and yellow bell pepper strips, 250 mL (1 cup) Skim milk, 250 mL (1 cup)</p> <p>Carbohydrate: 52 g (3.5 choices)</p> <p>Fibre: 11 g Calories: 384 GS:2.5 Milk:1 F:0 Meat:1 Fat:0 V:1</p>	<p>Beef Roti:</p> <ul style="list-style-type: none"> Whole wheat roti, 1 small (6") Beef 60g, 2oz Potato, baked and diced, 125 ml (1/2 cup) Onion, sliced and cooked, 125 mL (1/2 cup) <p>Broccoli, steamed 250 mL (1 cup) Dried apricots, 8 pieces (1/4 cup) Water</p> <p>Carbohydrate: 45 g (3 choices)</p> <p>Fibre: 9 g Calories: 540 GS:2 Milk: 0 F:1 Meat:2 Fat:0 V:1</p>	<p>Whole-Wheat Orange Ginger Scone,* 1 Skim milk, 250 mL (1 cup)</p> <p>Carbohydrate: 30 g (2 choices)</p> <p>Fibre: 2 g Calories: 189 GS:1 Milk: 1 F:0.Meat:0 Fat:1 V:0</p>	<p>Plain Popcorn, 750 mL (3 cups) Parmesan cheese, shredded, 30 mL (2 tbsp) Water</p> <p>Carbohydrate: 15 g (1 choice)</p> <p>Fibre: 4 g Calories: 150 GS:1 Milk:0 F:0 Meat:1 Fat:0 V:0</p> <p>Total calories for the day: 1657</p>

Notes:



Saturday

Breakfast	Lunch	Dinner	Snack 1	Snack 2
Breakfast smoothie: <ul style="list-style-type: none"> Banana, 1 small Frozen strawberries, 250 mL (1 cup) Skim milk, 250 mL (1 cup) Whole grain toast, 1 Non-hydrogenated margarine, 2 tsp (10 mL) Hard boiled eggs, 1 Coffee Carbohydrate: 52 g (3.5 choices) Fibre: 7 g Calories: 439 GS:1 Milk :1 F: 1.5 Meat:2 Fat:2 V:0	Green tossed salad, 250 mL (1 cup) Fat-free salad dressing, 15 mL (1 tbsp) Chapatti, 1, (6") Dahl or lentils, 250 mL (1 cup) Plain Soy Milk, 250 mL (1 cup) Carbohydrate: 60 g (4 choices) Fibre: 13 g Calories: 499 GS:3 Milk:1 F:0 Meat:2 Fat:0 V:1	<u>Spinach and Mushroom Lasagna*</u> , 1 serving Salad: <ul style="list-style-type: none"> Salad greens, 175 mL (¾ cup) Tomato, diced, ½ tomato Cucumber, diced, ¼ cucumber Fat-free salad dressing, 15 mL (1 tbsp) Grapes, 125 mL (1/2 cup) Water Carbohydrate: 45 g (3 choices) Fibre: 8 g Calories: 416 GS:2 Milk:0 F:1 Meat:2 Fat:0 V:2	Pear, 1 Medium Water Carbohydrate: 15 g (1 choice) Fibre: 5 g Calories: 96 GS:0 Milk:0 F:1 Meat:0 Fat:0 V:0	<u>Lightened-up Guacamole with chips</u> ,*1 serving, 75 mL (1/3 cup) Celery, 125 mL (1/2 cup) Water Carbohydrate: 22 g (1.5 choices) Fibre: 7 g Calories: 236 GS:1.5 Milk:0 F:0 Meat:0 Fat:2 V:1 Total calories for the day: 1729

Notes:



Sunday

Breakfast	Lunch	Dinner	Snack 1	Snack 2
<p>French toast, whole-grain bread, 2 slices Spinach salad:</p> <ul style="list-style-type: none"> Spinach, 250 mL (1 cup) Mushrooms, onions, peppers and tomatoes, sliced, 250 mL (1 cup) Fat-free salad dressing, 15 mL (1 tbsp) <p>Canned peaches, (packed in light syrup), 125 mL (½ cup) Tea</p> <p>Carbohydrate: 45 g (3 choices)</p> <p>Fibre: 5 g Calories : 373 GS:2 Milk :0 F:1 Meat:0 Fat:0 V:2</p>	<p>Quesadillas:</p> <ul style="list-style-type: none"> Black beans, 125 mL (1/2 cup) Salsa, 30 mL (2 tbsp) Peppers and onions, sliced, 125mL (½ cup) Grated lower-fat cheese(20% M.F), 15mL (1 tbsp) Whole-wheat tortilla, 1 small <p>Skim milk, 250 mL (1 cup) Orange, 1</p> <p>Carbohydrate: 60 g (4 choices)</p> <p>Fibre: 12 g Calories: 448 GS:2 Milk:1 F:1 Meat:1.5 Fat:0 V:0.5</p>	<p>Tandoori Haddock*, 1 serving Broccoli, steamed 250 mL (1 cup) Basmati rice, 150 mL (2/3 cup) Rhubarb Apple Loaf with Brown Sugar-Cinnamon Topping*, 1 serving Tea</p> <p>Carbohydrate: 60 g (4 choices)</p> <p>Fibre: 6 g Calories: 461 GS:3 Milk:0 F:1 Meat:3 Fat:1 V:1</p>	<p>Mixed whole-grain cereals, 125 mL (1/2 cup) Skim milk, 250 mL (1 cup) Water</p> <p>Carbohydrate: 30 g (2 choices) Fiber: 3 g Calories: 165 GS:1 Milk:1 F:0 Meat:0 Fat:0 V:0</p>	<p>Apple, 1 medium Almonds, 60 mL (1/4 cup) Water</p> <p>Carbohydrate: 15 g (1 choice)</p> <p>Fibre: 3 g Calories: 72 GS:0 Milk:0 F:1 Meat:0 Fat:3 V:0</p> <p>Total calories for the day: 1794</p>

Notes:



Use this table to make changes to the menu plan to suit your tastes
Sample Carbohydrate Containing Foods 1 serving = 15 g carbohydrate

<p>Grains and Starches choices</p> <ul style="list-style-type: none"> • 1 slice bread, ½ small pita or ¼ naan (6”), 1 small chappati, roti, tortilla (6”) • 175 mL (¾ cup) cooked hot cereal (oatmeal, cornmeal, cream of wheat) • 125 mL (½ cup) cold cereal, congee, corn, yam or potato • 125 mL (½ cup) cooked whole-grain pasta, couscous or barley • 75 mL (1/3 cup) brown, red or wild rice, plantain, sweet potato <p>TIP: Use whole-grain breads (rye, pumpernickel, stone ground whole wheat) and high fibre cereals (6 g of fibre per serving)</p>	<p>Milk and Alternatives choices</p> <ul style="list-style-type: none"> • 175 g (¾ cup) plain yogurt or kefir • 250 mL (1 cup) low-fat milk or plain soy beverage • ½ cup low-fat chocolate milk, evaporated milk, no sugar added pudding <p>TIP: Drink 500 mL (2 cups) of low-fat milk (skim, 1% or 2%) or soy beverage each day.</p>	<p>Fruit choices</p> <ul style="list-style-type: none"> • 1 medium (the size of a tennis ball) apple, orange, pear or peach • 500 mL (2 cups) strawberries, blackberries or raspberries • 250 mL (1 cup) blueberries • ½ medium mango, pomegranate • 125 mL (½ cup) canned fruit, drained or unsweetened applesauce • 2 tbsp raisins, 3 tbsp cranberries <p>TIP: For more fibre, choose whole fruit instead of juice.</p>
<p>Meat and Alternatives, fats and oils and most vegetables do not contain carbohydrate</p>		
<p>Vegetable choices <i>Fill up on vegetables, but with some exceptions: 1 cup of peas, parsnips, or winter squash = 15 grams of carbohydrate</i> TIP: Make sure half your plate includes at least two colourful vegetables.</p> <p>Fats and Oils</p> <ul style="list-style-type: none"> 1/6 avocado 1 tbsp (15 mL) nuts (walnuts, peanuts, almonds) or light mayonnaise ½ tbsp (8 mL) tahini 1 tsp (5 mL) oil, salad dressing (regular, low-fat), butter, regular margarine <p>TIP: Choose healthier fats (canola, olive, sunflower oils, non-hydrogenated margarine). Limit butter, lard, shortening.</p>	<p>Meat and Alternatives choices</p> <ul style="list-style-type: none"> • 1 oz. of cooked fish, lean beef, pork, chicken, goat, lamb • 125 mL (½ cup) dahl or legumes (dried beans, peas and lentils) <i>Note: 1/2 cup of legumes = 15 g carbohydrate.</i> • 85 g (1/3 cup) tofu • 75 mL (1/3 cup) hummus • 1 egg • 30 g lower fat cheese (20% or less M.F.) • 30 mL (2 tbsp) nut butters (peanut, almond etc.) <p>TIP: Eat two 2 ½ oz servings of fish a week (salmon, sardines, herring, mackerel and trout).</p>	

Have questions about healthy eating or diabetes? Don't see your favourite food on this list? Need help finding a Registered Dietitian in your area? Call EatRight Ontario at 1-877-510- 5102. Or send an email from www.eatrightontario.ca.