



## Meal Planning for Blood Glucose Management

Dairy	Portion	Carb	F	Vegetable	Portion	Carb	F	Starch	Portion	Carb	F
Milk, whole	1 cup	12	0	Asparagus, cooked	½ cup	4	2	<u>Breads and Cereals</u>			
Milk, 2%	1 cup	12	0	Broccoli, cooked	½ cup	6	3	Bread	1 slice	20	3
Milk, non fat	1 cup	12	0	Carrots, cooked	½ cup	6	2	Whole Wheat Pita	1 med	35	5
Soy milk	1 cup	14	0	Cauliflower, cooked	½ cup	3	2	Pumpnickel	1 slice	24	3
Yogurt, fruit, (ss)	1 cup	14	0	Celery, raw	½ cup	2	1	Sour Dough Rye	1 slice	15	3
Frozen Yogurt	½ cup	25	0	Cucumber, raw	½ cup	2	0	Oat or Bran Muffin	1 med	31	3
Vanilla Ice Cream	½ cup	28	0	Eggplant	½ cup	4	1	Cereal, cold	1 cup	40	5
Pudding, Vanilla	½ cup	27	0	Green Beans, cooked	½ cup	4	2	Cereal, with psyllium	1/3 cup	24	13
				Mixed Greens	1 cup	2	1	Oatmeal, cooked	½ cup	18	3
				Mushrooms, raw	½ cup	1	0	Cracker, wheat	1 oz	19	3
				Onion, raw	½ cup	8	0	<u>Beans and Legumes</u>			
Apple, med	1 med	23	3	Pepper, raw	½ cup	3	1	Hummus	¼ cup	12	3
Banana	½ med	18		Spinach, raw	1 cup	1	1	Chick peas	½ cup	27	11
Blueberries	1 cup	15	2	Squash, winter, ckd	½ cup	9	3	Kidney Beans	½ cup	19	6
Cherries	15	16	2	Tomato, fresh	1 med	5	1	Baked Beans	½ cup	27	5
Grapefruit	½	10	0	Tomato Juice	½ cup	5	0				
Grapes	1 cup	16	1	Tomato Sauce	¼ cup	5	1	<u>Starchy Vegetables</u>			
Kiwi	1	11	3	Zucchini	½ cup	3	1	Lima Beans	½ cup	17	5
Orange	1 sm.	11	2					Peas	½ cup	7	2
Peach	1 med	9	1					Sweet Potato	½ cup	20	3
Pear	1 sm.	21	4	<b>Fat</b>				Yam	½ cup	19	3
Pineapple, fresh	½ cup	10	1	Butter	1 tsp	-	-				
Plums	2 med	15	2	Cream Cheese	1 Tbsp	0	-	<u>Grains</u>			
Raspberries	1 cup	15	8	Margarine	1 tsp	-	-	Basmati rice	1 cup	17	
Strawberries	1 cup	11	3	Mayonnaise	1 Tbsp	-	-	Barley	1 cup	44	6
				Oil	1 tsp	-	-	Bulgur	1 cup	33	8
<b>Protein</b>				Olives, green	12 sm.	2	1	Brown Rice	1 cup	45	2
Chicken, turkey	1 oz	-	-	Peanut	10	2	1	Pasta	1 cup	40	2
Fish, Shellfish	1 oz	-	-	Peanut butter	1 T	3	1	<u>Soup</u>			
Beef, lamb, pork	1 oz	-	-	Salad Dressing	2 Tbsp	2	0	Black Bean	1 cup	19	4
Cheese, low fat	1 oz	-	-					Lentil	1 cup	20	6
Egg, Egg Sub	1	-	-					Split Pea	1 cup	30	5
Tofu	1 oz	1	-								

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Key: Carbs equals carbohydrates in grams    F equals fiber in grams  
 Ckd = cooked    (ss) = sugar substitute  
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(Data obtained from USDA)

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