

Your 1500-calorie meal plan

Cornerstones4Care™

The importance of healthy eating

Eating healthy is an important part of managing your diabetes. The food in your meal plan will provide the calories and nutrients you need each day to manage your blood sugar and give you the energy you need for healthy living.

You can use the following guidelines to estimate how many calories you need each day to help maintain your weight.

For every pound of weight, calculate:

- 10 calories for an adult who is obese or inactive
- 13 calories for an adult with a low activity level or over 55 years of age
- 15 calories for an adult who is somewhat active
- 18 calories for an adult who is very active

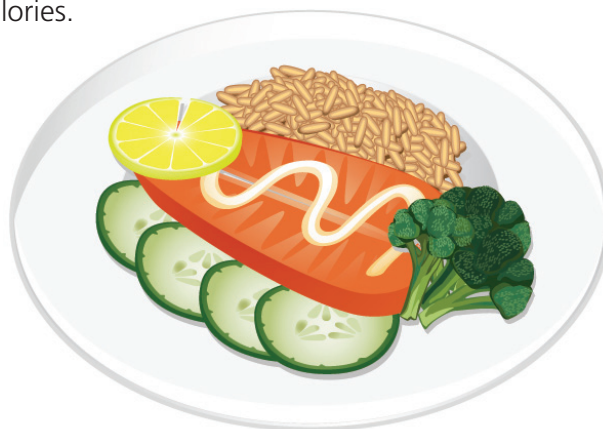
To lose weight, you will need to eat fewer calories. To gain weight, you will need to eat more calories. Ask your doctor to refer you to a registered dietitian (RD). This person can help you make a meal plan. You want to have the right balance of food, medicine, and activity.

Choose your foods: Exchange lists for diabetes

The Exchange Lists offer a large selection of foods grouped together because they have about the same nutritional content. Each serving of a food has about the same carbohydrate, protein, fat, and calories as the other foods in that list. Any food within a list can be “exchanged” for another food in the same list.

Ask your diabetes care team for a copy of the **Cornerstones4Care** booklet, *Carb Counting and Meal Planning*, from Novo Nordisk. It includes the Exchange Lists for Diabetes and other useful information on healthy eating. Use the Exchange Lists in *Carb Counting and Meal Planning* with this meal-planning information.

To learn more about healthy eating and menu planning, visit Cornerstones4Care.com.



For more information, visit
Cornerstones4Care.com

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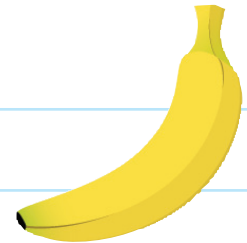
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For more information about meal planning, go to Cornerstones4Care.com and take advantage of our online Menu Planner to create a 7-day menu plan, including diabetes-friendly recipes and a customized grocery list.

The following sample menu for a 1500-calorie meal plan includes a total of 6 starch exchanges, 3 fruit exchanges, 3 milk exchanges, 4 nonstarchy vegetable exchanges, 6 meat exchanges, and 4 fat exchanges daily.

Meal	Exchanges	Sample
Breakfast	1 starch	1 slice whole-grain toast
	1 fat	1 teaspoon butter or margarine
	1 meat, lean	¼ cup low-fat cottage cheese
	1 fruit	1 small orange (6½ ounces)
	1 milk	1 cup fat-free milk
Snack	1 fruit	1 extra-small banana (4 ounces)
Lunch	2 starch	2 slices rye bread
	2 meat, lean	2 ounces chicken without skin
	½ vegetable	½ cup chopped celery
	1 fat	1 teaspoon mayonnaise
	½ vegetable	½ cup sliced tomato for the sandwich
Snack	1 milk	⅔ cup (6 ounces) low-fat yogurt
Dinner	3 meat, lean	3 ounces roast beef
	2 starch	½ large baked potato with skin
	2 vegetable	1 cup steamed broccoli
	1 fruit	1¼ cup strawberries
	1 free food + 1 vegetable	tossed salad greens plus 1 cup raw vegetables (for example, tomatoes, cucumbers, and carrots)
	1 fat	1 teaspoon butter or margarine
	1 fat	2 tablespoons reduced-fat salad dressing
Snack	1 starch	3 gingersnaps
	1 milk	1 cup fat-free milk



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Your personal meal plan

Grams Percent

Carbohydrate: _____

Protein: _____

Fat: _____

Calories: _____

Meal plan for: _____ Date: _____

Dietitian: _____ Phone: _____

Time	Number of Exchanges	Menu Ideas
Breakfast	_____ Carbohydrate group	_____
	_____ Starch	_____
	_____ Fruit	_____
	_____ Milk	_____
	_____ Meat and meat substitutes group	_____
	_____ Fat group	_____
Snack	_____	_____
	_____	_____
Lunch	_____ Carbohydrate group	_____
	_____ Starch	_____
	_____ Fruit	_____
	_____ Milk	_____
	_____ Nonstarchy vegetables	_____
	_____ Meat and meat substitutes group	_____
	_____ Fat group	_____
Snack	_____	_____
	_____	_____
Dinner	_____ Carbohydrate group	_____
	_____ Starch	_____
	_____ Fruit	_____
	_____ Milk	_____
	_____ Nonstarchy vegetables	_____
	_____ Meat and meat substitutes group	_____
	_____ Fat group	_____
Snack	_____	_____
	_____	_____

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