

Your 2200-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

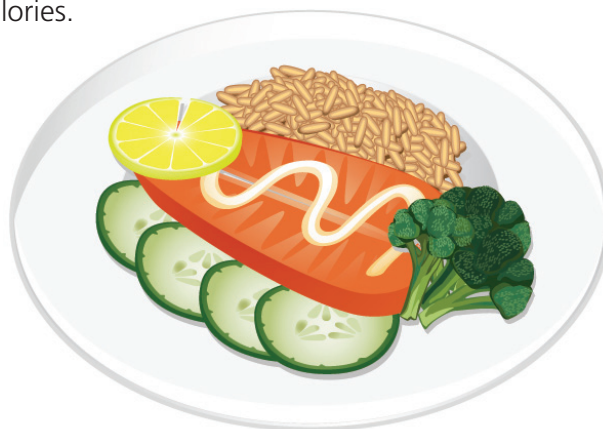
To lose weight, you will need to eat fewer calories. To gain weight, you will need to eat more calories. Ask your doctor to refer you to a registered dietitian (RD). This person can help you make a meal plan. You want to have the right balance of food, medicine, and activity.

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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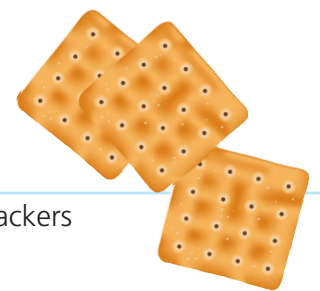
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2200-calorie meal plan

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 2200-calorie meal plan includes a total of 10 starch exchanges, 4 fruit exchanges, 4 milk exchanges, 4 nonstarchy vegetable exchanges, 7 meat exchanges, and 6 fat exchanges daily.

Meal	Exchanges	Sample
Breakfast	2 starch 1 meat, lean 1 fat 1 milk 1 fruit	1 multi-grain English muffin 1 ounce Canadian bacon 1 teaspoon butter or margarine 1 cup fat-free milk 1 cup cubed honeydew melon
Snack	1 milk 1 starch + 1 fat	$\frac{2}{3}$ cup (6 ounces) reduced-fat plain yogurt $\frac{1}{4}$ cup granola
Lunch	2 meat, lean 1 vegetable 2 fat 2 starch free food 1 fruit	$\frac{1}{2}$ cup egg substitute, scrambled $\frac{1}{2}$ cup sautéed vegetables (for example, onions, peppers, and mushrooms) 2 teaspoons oil or margarine 2 corn tortillas, 6 inches across $\frac{1}{4}$ cup salsa $\frac{1}{2}$ small mango
Snack	1 milk 1 fruit 1 starch	$\frac{2}{3}$ cup (6 ounces) low-fat vanilla yogurt $1\frac{1}{4}$ cups frozen strawberries 3 tablespoons wheat germ
		} Fruit smoothie
Dinner	3 starch 3 meat, medium fat 2 vegetable 2 fat 1 vegetable 1 fruit	1 cup whole-wheat pasta, cooked 3 ounces lean beef meatballs 1 cup sautéed broccoli 2 teaspoons olive oil 1 cup sliced tomato and cucumber $\frac{1}{2}$ cup fresh pear
Snack	1 starch 1 meat, high fat 1 milk	2 to 5 ($\frac{3}{4}$ ounce) whole-wheat lower-fat crackers 1 ounce cheese 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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