

1200 Calorie Sample Meal Plan Using Exchange Lists for Diabetes

	Starches	Fruits	Milk	Nonstarchy Vegetables	Meat and Meat Substitutes	Fats	Menu Ideas
Breakfast	1	1	1				1 small banana ¾ cup corn flakes 1 cup fat-free milk
Lunch	2	1		1	2	1	For sandwich: 2 slices whole wheat bread 2 ounces chicken breast 2 tablespoons avocado 1 cup raw carrot & celery sticks 1 small apple
Snack			1				6 ounces non-fat fruited yogurt with sugar-free sweetener
Dinner	2	1		1	2	2	2 ounces prime rib ½ large baked potato 1½ tablespoons reduced-fat sour cream ½ cup cooked green beans 1 tsp olive oil 3 almonds, sliced 1 cup melon balls
Total Exchanges	5	3	2	2	4	3	

UCSF Medical Center. Adapted from Carbohydrate Counting and Diabetes: American Dietetic Association