

1800 Calorie Diabetic Diet

Meal	Bread/Starch	Vegetable	Fruit	Meat			Fat	Milk / Dairy			Free Food
				Lean	Medium	High Fat		Skim	Low Fat	Whole	
Breakfast	1		1	1				1			
Snack									1		1
Lunch	1	2		2			2				
Snack	1		1	1			2			1	1
Dinner	1	2		2			2				
Snack	1			2					1		1
1800 Calorie Diabetic Diet											
F O O D S T O S E L E C T	Bread/Starch	Vegetable	Fruit	Meat			Fat	Milk			Free Food
				Lean	Medium	High Fat		Skim	Low Fat	Whole	
	Old Fashioned Oatmeal (1/2c) Cheerios (1 ¼ c)	String beans (1/2c)	Apple or orange or pear (1)	Chicken breast (1oz)	Egg (1)	Bacon (2) Pork Sausage (1 oz)	Butter (1oz)	Milk 1 % (8oz)	Puddings (1/2 cup)	Whole Milk (8oz)	Fat-free margarine (4T)
	Bran Flakes (½ c) Raisin Bran (1/2) Special K (1/2)	Carrots (1/2c) Broccoli (1/2c) Cabbage (1/2)	Grapes (10) Fruit in natural juice (1/2c)	Baked Fish (1 oz)	Pork Chop (2 oz) Corn Beef (1 oz)	Sausage patty (1) Ground Pork (1 oz)	Olive Oil (1T) Tartar Sauce (1T) Corn Oil (1T)	Jell-o Pudding pops (1)	Cottage Cheese (4oz)	American Cheese Processed (1oz)	Miracle Whip (1T)
	Shredded Wheat (1/3 c) English Muffin (1/2) Pasta (1/3c)	Mushrooms (1/2c) V-8 Vegetable* Cocktail (6oz)	Banana (1 small) Raisin (2/3 c)	Baked Chicken (1 oz)	Beef Bologna (1sl) Ground Turkey (1 oz)	Hot dogs (1)* All kinds Salami (1 oz) Cold Cut (1 oz)	French Dressing (1T) Italian Dressing (1T)	Grated Parmesan (1T)	Feta Cheese (1oz) Cheese spread (1oz)	Brie (1 oz) Ricotta Cheese (1oz) Swiss Cheese (1 oz)	Sugar-Free Gelatin (1 c) Soy Sauce (1 T) Catsup (1T)
	Whole Wheat Bread (1sl)	Watercress (1/2c) Cabbage (1/2 c)	Grape juice (1/3 c)	Deli Thins (1oz)	Ground Beef (1 oz)	Spare Ribs (1 oz)	Thousand Island (1T)	Sherbet (1/2 c)	Sour Cream (2 oz)	Provolone (1oz)	Diet soda Spices
	Grits (1/2 c) Sweet peas (1/2c)	Tomatoes (1/2 c)	Orange Juice (1/2)	Tuna in water (1oz)	Fried Fish (1 oz)	Parmesan Cheese (1 oz)	Ranch Dressing (1T)		Fruited yogurt (6oz)	Cheddar Cheese (1oz)	Bacon bits, Oscar Meyers(1/4c)
	Yucca or Plantain (½ c) Corn (1/2 c)	Spinach (1/2 c) Lettuce (1c)	Apple Juice (1/2c)	Turkey Ham (1oz)	Salmon (1 oz) Flank steak (1oz)	Italian Sausage (1oz)	Mayonnaise (1T)		Ice cream (1/2c)	Muenster Cheese (1oz)	Dill pickles (2slices)
	Nachos (10) Tortilla (6")	Cucumbers (1 c)	Cranberry Juice (1/3 c)	Turkey salami (1oz)	Wing baked (1)	Peanut Butter (2 T)			Cheez Whiz (1 oz)	Blue Cheese (1oz)	Salsa (¼ c)
	White or Brown Rice (½ c)		Papaya Juice (1/3 c)	Turkey Ham (2 slices)		Chicken thigh/leg (1oz)					
			Beans (1/2 c)								

Instructions for the 1800 Calorie Diabetic Diet

Meals	Bread/Starch	Vegetable	Fruit	Meat			Fat	Milk / Dairy			Free Food
				Lean	Medium	High Fat		Skim	Low Fat	Whole	
Breakfast	1		1	1				1			
Snack									1		1
Lunch	1	2		2			2				
Snack	1		1	1			2			1	1
Dinner	1	2		2			2				
Snack	1			2					1		1
Total	5	4	2	8			6	4			3

Table A

Calories 1800 = Carbohydrates 191 grams Fat 67 grams Protein 103 grams

Purpose:

This 1800-calorie Diabetic Diet designed to help achieve a normal glucose (blood sugar) level and develop a healthy eating behavior is one of four lifestyle diets. High fiber carbohydrates, lean proteins, fresh fruits and vegetables with or without diabetes medication are key components in the prevention of diabetes related complications. Bread/Starch foods to select are high fiber foods that are complex carbohydrates in nature.

How it Works? (Review Table A)

In six columns there is a food group and numbers. Those numbers indicate how many times you can have that food group in a day. The above chart shows for the 1800 calorie diet: five servings of starches, four vegetables, 2 fruits, 8 servings of meat, 6 fats, four milks, and 3 free items. The meal column divides the numbers of servings into 6 meals per day. Turn to the front of the diet program and you will find another table below Table A called "Foods to select". This table gives example of foods with serving sizes for consumption. "Free Foods" means that 3 times per day, consumption of those foods will not add any calories.

Something to Chew On:

The American Diabetes Association's Research (December 4, 2007) showed that following a diabetic diet along with 2 tablespoons of Apple Cider Vinegar and 1 oz of cheese before bedtime may decrease the level of fasting blood glucose in the morning.