

# Your 1800-calorie meal plan

Cornerstones4Care™

## The importance of healthy eating

Healthy eating 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. Speak with your healthcare professional about the calorie meal plan that's right for you.

To lose weight, you will need to eat fewer calories or use up more calories by being more active. To gain weight, you will need to eat more calories than you use up. Your diabetes care team can help you figure out how many calories you need to take in each day and the amount of physical activity you should get, depending on your goal. Once you know the number of calories, be sure to check the calorie counts of the foods you eat. You can look up calorie counts online. You can also find them on the Nutrition Facts labels on packaged foods.

You may want to ask your doctor to refer you to a registered dietitian. This person can help you come up with a meal plan tailored just for you. 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](http://Cornerstones4Care.com).



For more information, visit  
[Cornerstones4Care.com](http://Cornerstones4Care.com)

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For more information about meal planning, go to [Cornerstones4Care.com](http://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 1800-calorie meal plan includes a total of 7 starch exchanges, 4 fruit exchanges, 3 milk exchanges, 4 nonstarchy vegetable exchanges, 7 meat exchanges, and 5 fat exchanges daily.

Meal	Exchanges	Sample
<b>Breakfast</b>	2 starch	2 slices whole-grain toast
	1 fruit	½ large grapefruit
	1 milk	1 cup fat-free milk
	1 meat, medium fat	1 poached egg
<b>Snack</b>	1 fat	1 teaspoon butter or margarine
	1 milk	⅔ cup (6 ounces) low-fat yogurt
	1 starch	2 slices reduced-calorie bread
	1 starch	¾ ounces pretzels
<b>Lunch</b>	2 meat, lean	2 ounces sliced turkey
	1 fat	1 tablespoon reduced-fat mayonnaise
	1 vegetable	1 cup chopped cucumber and tomato salad
	free food	2 tablespoons reduced-fat Italian dressing
	1 fruit	¾ cup fresh pineapple
<b>Snack</b>	1 vegetable	1 cup sliced red pepper
	1 fat	2 tablespoons reduced-fat ranch dressing
	1 fruit	1 cup cubed cantaloupe
<b>Dinner</b>	3 meat, lean	3 ounces pork loin roast
	2 starch	1 cup boiled potato
	2 vegetable	1 cup steamed asparagus
	2 fat	2 teaspoons olive oil
	1 fruit	½ fresh pear
<b>Snack</b>	1 starch	½ English muffin
	1 meat, high fat	1 tablespoon peanut butter
	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	_____
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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