

Your 2000-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

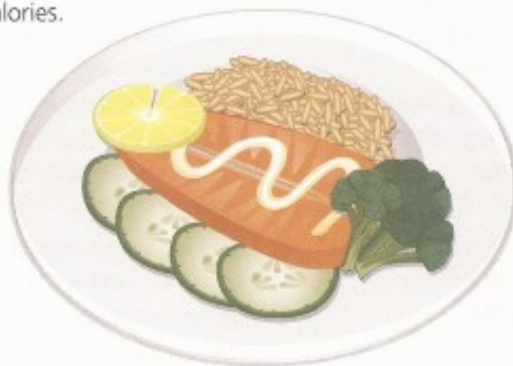
To lose weight, you will need to eat fewer calories. To gain weight, you will need to eat more calories. Ask your doctor to refer you to a registered dietitian (RD). This person can help you make a meal plan. You want to have the right balance of food, medicine, and activity.

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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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 2000-calorie meal plan includes a total of 8 starch exchanges, 4 fruit exchanges, 4 milk exchanges, 4 nonstarchy vegetable exchanges, 7 meat exchanges, and 6 fat exchanges daily.

Meal	Exchanges	Sample
Breakfast	1 starch	$\frac{3}{4}$ cup unsweetened, ready-to-eat cereal
	1 starch	1 slice whole-grain toast
	1 milk	1 cup fat-free milk
	1 meat, high fat	1 tablespoon peanut butter
	free food	2 teaspoons low-sugar jelly
	1 fruit	1 extra-small banana (4 ounces)
Snack	1 starch	3 graham crackers, 2½-inch square
	1 milk	1 cup fat-free milk
Lunch	2 starch + 2 lean meat	2 cups split pea soup
	1 free food	1 cup mixed salad greens
	2 vegetable	2 cups raw vegetables (for example, carrots and celery)
	2 fat	4 tablespoons reduced-fat salad dressing
	1 fruit	1 medium peach (6 ounces)
Snack	1 milk	$\frac{2}{3}$ cup (6 ounces) reduced-fat plain yogurt
	1 fruit	1 cup raspberries
Dinner	1 starch	1 cup baked acorn squash
	1 starch	1 small dinner roll
	3 meat, lean	3 ounces baked salmon
	2 vegetable	1 cup cooked nonstarchy mixed vegetables
	3 fat	3 teaspoons butter or margarine
	1 fruit	2 small tangerines
Snack	1 starch	1 slice whole-grain bread
	1 meat, lean	1 ounce low-salt ham
	1 fat	1 tablespoon reduced-fat mayonnaise
	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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