

Your 1200 Calorie Meal Plan

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 glucose and to give you the energy you need for healthy living.

You can use the following guidelines to estimate how many calories are needed per day to help maintain your weight.

For every pound of weight, calculate:

- 10 calories for an adult who is obese, very inactive, or always dieting
- 13 calories for an adult over 55 years of age, an active woman, or an inactive man
- 15 calories for a very active woman or an active man
- 20 calories for a very active man or an adult athlete

To lose weight, you'll need to eat fewer calories. To gain weight, you'll need to eat more calories. You and your healthcare provider will develop a healthy meal plan that is right for you.

The Exchange Lists for Meal Planning

The Exchange Lists offer a large selection of foods grouped together because they have approximately 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 healthcare provider for a copy of the *Changing Life With Diabetes* booklet, Carb Counting and Meal Planning from Novo Nordisk. It includes the Exchange Lists for Meal Planning and other useful information on healthy eating. Use the Exchange Lists in Carb Counting and Meal Planning with this meal planning information.

To become a member of *Changing Life With Diabetes*, a free program for people who take insulin, enroll on line at ChangingDiabetes-us.com. Another program that will help you manage your diabetes is the free Novo Nordisk Tip Line at 1-800-260-3730.

1200 Calorie Meal Plan

The following sample menu for a 1200 calorie meal plan includes a total of 5 starch exchanges, 2 fruit exchanges, 2 milk exchanges, 3 non-starchy vegetable exchanges, 5 meat exchanges and 4 fat exchanges daily.

| Meal | Exchanges | Sample |
|------------------|-------------------|--|
| Breakfast | 1 starch | 1/2 cup cooked oatmeal |
| | 1 fruit | 3/4 cup blueberries |
| | 1 fat | 4 walnut halves or 1 ounce, chopped |
| | 1 milk | 8 ounces (1cup) skim milk |
| Lunch | 1 starch | 1 cup minestrone soup |
| | 1 starch | 1/2 whole wheat pita |
| | 2 meat, very lean | 2 ounces tuna in water |
| | 1 fat | 1 tablespoon light mayonnaise |
| | 1 vegetable | 1 cup baby carrots |
| Snack | 1 fruit | 1 small apple |
| Dinner | 3 meat, lean | 3 ounces grilled chicken breast |
| | 2 starch | 2/3 cup brown rice |
| | 2 vegetable | 1 cup sautéed spinach |
| | 2 fat | 2 teaspoons olive oil |
| | free food | 1 cup tossed salad with 1 tablespoon fat free dressing |
| Snack | 1 milk | 6 ounces (2/3 cup) light yogurt |



For more information about meal planning, go to ChangingDiabetes-us.com and take advantage of our online Menu Planner to print a 7-day menu plan including diabetes-friendly recipes and a customized grocery list.

Your Personal Meal Plan

Meal plan for: _____ Date: _____
Dietitian: _____ Phone: _____

| | | |
|----------------------|--------------|----------------|
| | Grams | Percent |
| Carbohydrate: | _____ | _____ |
| Protein: | _____ | _____ |
| Fat: | _____ | _____ |
| Calories: | _____ | _____ |

| Time | Number of exchanges | Menu ideas |
|------|---|------------|
| | _____ Carbohydrate group _____ Starch _____ Fruit _____ Milk _____ Meat and meat substitutes group _____ Fat Group | |
| | _____ _____ _____ Carbohydrate group _____ Starch _____ Fruit _____ Milk _____ Non-starchy vegetables _____ Meat and meat substitutes group _____ Fat Group | |
| | _____ _____ | |
| | _____ Carbohydrate group _____ Starch _____ Fruit _____ Milk _____ Non-starchy vegetables _____ Meat and meat substitutes group _____ Fat Group | |
| | _____ _____ | |