

Daily Meal Planning

Carbohydrates

Starches/Breads

(15 grams carbohydrate, 3 grams protein, 1 gram fat, and 80 calories per serving)

These foods are the cornerstone of every healthy eating plan. Most of their calories come from carbohydrates, a good source of energy. Many foods from this group also give you needed fiber, vitamins, and minerals.

Prepare and eat starchy foods with as little added fat as possible by limiting butter, margarine, shortening, and oil.

This is just a few of the many available starchy foods. Estimate a single serving size for foods that aren't on the list as follows:

Starchy vegetables, grains, pasta	1/2 cup
Breads and cereals	1 oz
Cooked dried beans of all types	1/3 cup

Cereals/Beans/Grains/ Pasta	Serving Size
Cereal; cooked (oatmeal, cream of wheat, rice, etc.)	1/2 cup
Cereal; dry (less than 100 calories per serving) (Serving sizes vary.)	(see box)
Beans; cooked or canned (all kinds)	1/3 cup
Rice; cooked (all kinds)	1/3 cup
Pasta; cooked (all kinds)	1/2 cup

Crackers/Snacks

Graham crackers (squares)	3
Crackers (80 calories/serving)	4-6
Pretzels (hard)	3/4 oz
Popcorn (plain, popped)	3 cups

Starches/Breads With Fat

(15 grams carbohydrate, 3 grams protein, 5 or more grams fat, and 125-150 calories per serving)

Count as 1 Starch/Bread AND 1 Fat serving.	
Biscuit (2 1/2")	1
Corn, taco, or tortilla chips	1 oz
Potato chips	10
Refried beans	1/3 cup
Spaghetti sauce or marinara sauce	1/2 cup
Rice, fried or Spanish	1/3 cup

Fruits

(15 grams carbohydrate and 60 calories per serving)

Fruits provide important vitamins and minerals and can be a good source of fiber. To get the most fiber from fruits, eat the edible peelings.

You can estimate the serving size for fruits that aren't on the list as follows:

Fresh, canned, or frozen fruit, no sugar added	1/2 cup
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Eli Lilly Diabetic Meal Planning Guide

PT Brinkman

A red circular graphic with a gradient, appearing as a partial circle or a thick arc, located to the right of the PT Brinkman text.

Eli Lilly Diabetic Meal Planning Guide:

Diet and Nutrition for People with Diabetes National Diabetes Information Clearinghouse (U.S.),1979 160 entries to print and audiovisual materials of interest to both the public and health professionals Each entry gives bibliographical information price and source Title index **American Dietetic Association Guide to Diabetes Medical Nutrition Therapy and Education** Tami Ross,Jackie Boucher,Belinda S. O'Connell,2005 Medical nutrition therapy plays an integral role in the management in diabetes This comprehensive guide is an evidence based review of MNT and the Nutrition Care Process and a practical reference of diabetes management tools and nutrition education Covering practice guidelines outcomes evaluation nutrition assessments goal setting behavior change and interventions this guide is a must have resource for health care professionals serving the diabetes community *Nutritional Support Handbook* ,1982 *Medical Supply Catalog* Health and Human Services Supply Service Center (U.S.),1996 **Technical Manual** United States Department of the Army,1982 *Nutrition and Diet Manual for Use in Skilled Nursing Facilities and Other Institutions* ,1981 *The Nurse's Guide to Diet Therapy* Lois H. Bodinski,1987 This clear concise and practical guide to therapeutic diets shows nurses how to integrate dietary considerations into their nursing care It describes the dietary treatment of 98 specific diseases as well as the role of diet in cancer burns and the peri operative period It also relates diet to the pathophysiology of the disease and other treatment modalities including diet drug interrelationships Also provided are suggested nursing diagnoses related to nutritional or dietary problems *How to Control Diabetes* Seymour L. Alterman,1996 A unique comprehensive and plainly written guide to living comfortably with diabetes without drastic changes in lifestyle By one of the nation s leading endocrinologists Featuring essential information on The causes of diabetes The differences between Type I and Type II diabetes How to reduce the risk of long term complications The pros and cons of the insulin pump How diabetes can affect pregnancy How to eat properly even when dining out and traveling How to manage diabetes related impotence How to reduce high cholesterol The benefits of exercise The latest advances toward a cure And much more **The UCSD Healthy Diet for Diabetes** Susan Algert,Annie Durning,1991-03 A Comprehensive nutritional guide and cookbook with over 200 gourmet kitchen tested recipes form around the world **Case Studies in Clinical Nutrition** Corinne Hogden Robinson,1977 *Handbook of Non-prescription Drugs* ,1986 **Feast on a Diabetic Diet** Euell Gibbons,Joe Gibbons,1969 *Food, Nutrition and Diet Therapy* Marie V. Krause,Martha A. Hunscher,1972 *The Diet Food Finder* Joan T. Casale,1975 *1983 Guide to Health Information Resources in Print* Christine S. Kradjian,1983 Intended for health and patient education professionals Over 3000 entries in 150 categories e g cancer diabetes and stress that include resources published by health care associations corporations federal and state government agencies and nonprofit organizations Arranged broadly under materials for professionals materials for patients and clients and supplier listings Entries give bibliographical information statement of contents and format No index *Journal of the American Dietetic*

Association ,1998 **Understanding Insulin-dependent Diabetes** H. Peter Chase,2000 Describes in detail the topics covered in the three day diabetes treatment plan conducted at the University of Colorado Health Sciences Center **The Care and Feeding of Your Diabetic Child** Sally Vanderpoel,1974 **Understanding Diabetes** H. Peter Chase,2002-09
Clinical Cardiology and Diabetes Ralph C. Scott,1981

Unveiling the Magic of Words: A Review of "**Eli Lilly Diabetic Meal Planning Guide**"

In a global defined by information and interconnectivity, the enchanting power of words has acquired unparalleled significance. Their power to kindle emotions, provoke contemplation, and ignite transformative change is really awe-inspiring. Enter the realm of "**Eli Lilly Diabetic Meal Planning Guide**," a mesmerizing literary masterpiece penned with a distinguished author, guiding readers on a profound journey to unravel the secrets and potential hidden within every word. In this critique, we shall delve into the book's central themes, examine its distinctive writing style, and assess its profound effect on the souls of its readers.

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