

1400 CALORIE DIABETIC DIET PLAN

BREAKFAST	BREAKFAST IDEAS		
1 ounce Grains ½ cup Fruit ½ cup Dairy	Cereal and Banana	Yogurt and Strawberries	Applesauce Topped Pancake
	1 cup crispy rice cereal ½ cup sliced banana ½ cup milk	½ cup plain yogurt 4 sliced strawberries 1 slice whole wheat toast	1 small pancake 1 ¼ cup applesauce ½ cup blueberries ½ cup milk

MORNING SNACK	MORNING SNACK IDEAS		
1 ounce Grains ½ cup Fruit 1 ounce Protein Foods	Egg Sandwich	Homemade Trail Mix	Frozen Graham Cracker
	1 slice bread 1 hard cooked egg ½ large orange	1 cup toasted oat cereal ½ ounce chopped nuts ½ cup dried fruit	2 graham crackers (4 squares) ½ cup mashed banana 1 Tbsp peanut butter

LUNCH	LUNCH IDEAS		
1 ounce Grains ½ cup Vegetables ½ cup Fruit ½ cup Dairy 1 ounce Protein Foods	Chicken Sandwich and Salad	Soft Taco	Bagel Snake
	1 slice whole wheat bread 1 slice American cheese 1 ounce sliced chicken ½ cup baby spinach (raw) ½ cup grated carrots 1 small Frozen Banana	1 small tortilla ½ cup salad greens ½ cup chopped tomatoes 3 Tbsp shredded cheese* 1 ounce cooked ground beef or ¼ cup refried beans ½ cup 100% fruit juice	1 mini whole grain bagel ¼ cup sliced tomatoes ½ cup chopped celery 1 ounce tuna ½ cup milk ½ cup diced cantaloupe

AFTERNOON SNACK	AFTERNOON SNACK IDEAS		
½ cup Vegetables ½ cup Dairy	½ cup sugar snap peas ½ cup yogurt	½ cup veggie "matchsticks" (carrot, celery, zucchini) ½ cup milk	½ cup tomato juice 1 string cheese

DINNER	DINNER IDEAS		
2 ounces Grains ½ cup Vegetables 1 cup Dairy 2 ounces Protein Foods	Chicken & Potatoes	Spaghetti & Meatballs	Rice & Beans with Sausage
	2 ounces chicken breast ¼ cup mashed potato ½ cup green peas 2 small whole wheat rolls 1 cup milk	1 cup cooked pasta 2 meatballs (2 ounces) ½ cup tomato sauce 1 cup milk	½ cup cooked brown rice ¾ cup black beans ½ cup cooked bell pepper 1 ounce turkey sausage 1 ¼ cup broccoli 1 small corn muffin 1 cup milk