

Healthy Meal Planning



Learner Objectives:

- Macronutrient Overview (Carbs/Protein/Fat)
- Carbohydrate Counting
- Reading the Nutritional Label for Carbohydrates Count
- Plate method for meal planning

What Happens When We Eat?



**After eating, most food is turned into glucose,
Providing the body's (our cells) main source of energy.**

Three Main Food Categories

- Carbohydrates

- **Converts to glucose in the blood**
- Primary source of energy
- Over consuming can raise your blood sugar

- Protein

- Does not contain glucose
- Helps build and repair body tissue like muscle, bones, skin, and hormones

- Fat

- Storage of energy
- Does not contain glucose
- Only a moderate amount is needed
- Consuming too much leads to weight gain and heart disease

Lets start by talking about Carbohydrates

- “Carbs” are foods that convert into glucose in the blood
- Makes up about 70% of what we eat
- Not all “carbs” have the same nutritional value
- Over consuming can raise blood sugar
 - poorly controlled diabetes
 - increased risk of complications
 - weight gain

What is a carbohydrate?

There are 5 groups of Carbohydrates

Grains/starch

- Choose high fiber
- Whole grain

Milk

- Non fat / low fat
- Yogurt

Fruit

- High in fiber /vitamins
- Best fresh/frozen

Sweets/Deserts
LIMIT THESE

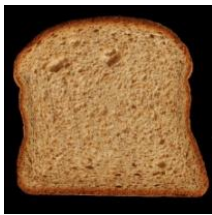
Non-starchy vegetables

High in fiber • Vitamins • Minerals • Low in sugars

FREE FOOD

What is carbohydrate Serving?

TIP: “Carbs” = Sugar: One carb serving = 15 grams
(3 teaspoons of sugar)



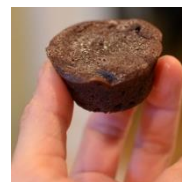
1 slice of bread
15 grams/carb



1 small apple
15 grams/carb



8 ounces milk
15 grams/carb



1 2 inch cube brownie
15 grams/carb



1 cup broccoli
5 grams/carb



1 cup tomatoes
5 grams/carb



1 cup green beans
5 grams/carb



1 cup carrots
5 grams/carb



Consistent Carbohydrates at Meals

How Many Carbs Should I eat?

- Aprox 45-60 grams of carbohydrates per meal (3-4 servings)
- Aprox 15-30 grams of carbohydrates per snacks (1-2 servings)
- 3 meals and 1-3 snacks per day



- Consistent number of carbohydrates at each meal and snack help you to control your blood glucose
- Evenly space meals and snacks 2-3 hours apart starting with the first meal of the day one hour from waking

Reading a Nutrition Label For Counting Carbohydrates

Three Important Areas

Serving size (2/3 cup)
Serving per container (8)

Nutrition Facts			
Serving Size 2/3 cup (55g) Servings Per Container About 8			
Amount Per Serving			
Calories 230		Calories from Fat 40	
			% Daily Value*
Total Fat	8g		12%
Saturated Fat	1g		5%
Trans Fat	0g		
Cholesterol	0mg		0%
Sodium	160mg		7%
Total Carbohydrate	37g		12%
Dietary Fiber	4g		16%
Sugars	1g	Sugar Alcohol	18g
Protein	3g		
Vitamin A			10%
Vitamin C			8%
Calcium			20%
Iron			45%
* Percent Daily Values are based on a 2,000 calorie diet. Your daily value may be higher or lower depending on your calorie needs.			
	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Total Carbohydrate 37 grams
(Subtract 4g Fiber & 9g Sugar Alcohol)

Impact Carbs (2/3 cup) = 24 grams
(1 ½ Carb serving)

Fiber does not digest into sugar
Subtract from total

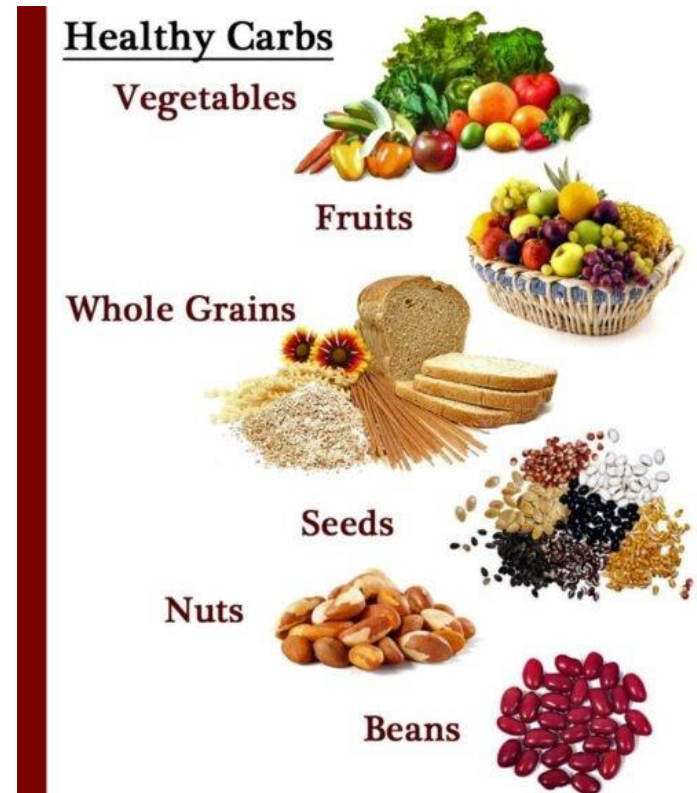
Sugars are already added in the total
These are natural or added sugars

Sugar alcohols have less impact on glucose
Subtract ½ from the total

Healthy Carbohydrate Choices

Lets take a closer look at these healthy carbs

- Grains / Starches
- Fresh or frozen fruits
- Low Fat Milk & Yogurts
- Non-starchy vegetables





Grains / Starches

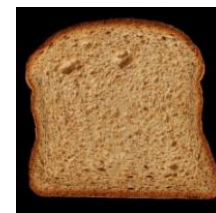
(complex carbs)

1 serving = 15 grams carbs

Health benefits of Complex Carbs

Slower glucose release 😊

- High in fiber helps blood pressure
- Lower cholesterol
- Healthy bowels



1 slice whole grain bread

½ cup cooked grain, brown rice or whole grain pasta, oatmeal

½ cup corn, peas, potatoes, legumes

Hand Symbol	Equivalent	Foods
	Fist 1 cup	Rice, pasta Fruit Veggies



GREAT NORTHRN BEANS

GREAT NORTHERN BEANS.



***RCP 678152

SERV SIZE: 1/4C DRY(51G)
 CALORIES 110 %DV
 TOTAL FAT 1G 1%
 SATURATED FAT 0G 0%
 TRANS FAT 0G 0%
 CHOLESTEROL 0MG 0%
 SODIUM 10MG 0%
 TTL CARBOHYDRATE 31G 11%
 DIETARY FIBER 20G 70%
 SUGAR 0G (0G ADDED 0%)
 PROTEIN 10G
 VIT D 0% CALCIUM 2%
 IRON 15% POTASSIUM 15%

670083

05/10/2019



Complex Carbs are:

- High in fiber
- Low in fat
- Good protein source

Example

½ - ¾ cup cooked provides:

- 1 carb serving (15 grams)
- 17-20 grams of fiber
- 10-11 grams protein

LENTILS

LENTILS.



***RCP 678182

SERV SIZE: 1/4C DRY(49G)
 CALORIES 110 %DV
 TOTAL FAT 1G 1%
 SATURATED FAT 0G 0%
 TRANS FAT 0G 0%
 CHOLESTEROL 0MG 0%
 SODIUM 10MG 0%
 TTL CARBOHYDRATE 31G 11%
 DIETARY FIBER 17G 62%
 SUGAR 0G (0G ADDED 0%)
 PROTEIN 11G
 VIT D 0% CALCIUM 2%
 IRON 20% POTASSIUM 10%





- 1 cracker = 5 grams carbs
(subtracting fiber from total carbohydrate count)
- 3 grams fiber
- 0 fat
- 30 calories



Snack example:

- 1 crispbread cracker
- ½ tomato sliced
- ¼ small avocado
- 1 tsp feta cheese

Carbs = 5-8 grams

Fat = 5-10 grams

Calories = approx 75-80



Fruit

1 serving = 15 grams carbs

Rich in → Vitamins • Minerals • Fiber

1 small fresh fruit

2 tablespoons dried fruit

½ cup canned in water



Eat 2-3 servings each day

Blueberries



Hand Symbol	Equivalent	Foods
	Fist 1 cup	Rice, pasta Fruit Veggies

Fruit Example

1 cup blueberries = 1 carb serving (15 grams)
(subtract fiber from total carbohydrate)

- Low in fat
- 4 grams of fiber
- Good source antioxidants • Vitamins • Minerals



Snack Example: 1 carb serving

½ cup blueberries (8 grams carb)

½ cup unflavored Kefir yogurt (6 grams carb)

½ cup cottage cheese (0 carb)

Approx: 180 calories

Milk / Yogurt

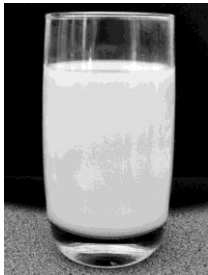
1 serving = 15 grams carbs

Calcium for healthy bones

Yogurts provide probiotics for healthy bowels

1 serving = 8 ounce cup fat-free or low fat milk

2/3 cup fat-free, light, or low fat yogurt



Non-starchy Vegetables

1 serving = 5 grams carbs (1 cup raw, ½ cup cooked)

FREE FOOD

Eat 3 or more servings daily



High in Fiber • Low in sugar
Rich in Vitamins & Minerals

- Broccoli
- Carrots
- Cauliflower
- Green beans
- Tomatoes
- Cucumbers

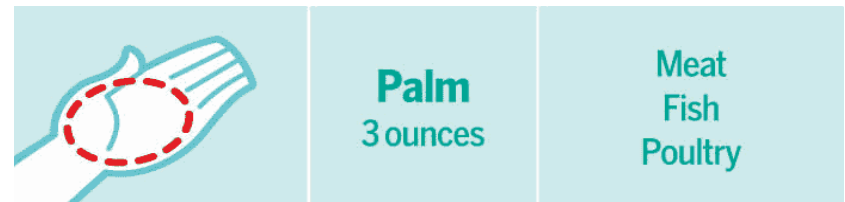


Protein

Builds bones * Muscle * Skin * Nails
Contains 0 (zero) carbs

Eat 3 ounces lean protein per meal
1 ounce with snacks

- Poultry
- Fish
- Beef
- Cottage Cheese
- Tofu/ Soy products



Healthy Fat

Omega 3-fatty Acids

- Promotes healthy nervous system
- Lowers cholesterol / heart health
- Contains 0 (zero) carbs

1 Serving per meal / snack

- Nuts (walnuts / almonds) – 1 ounce (protein/fat)
- Avocado - 2 tablespoon
- Olive Oil - 1 Teaspoon
- Peanut Butter (*trans-fat* free) – 1 ½ teaspoon
- Reduced fat Mayonnaise – 1 tablespoon



Thumb tip
1teaspoon

Cooking oil
Mayonnaise, butter
Sugar

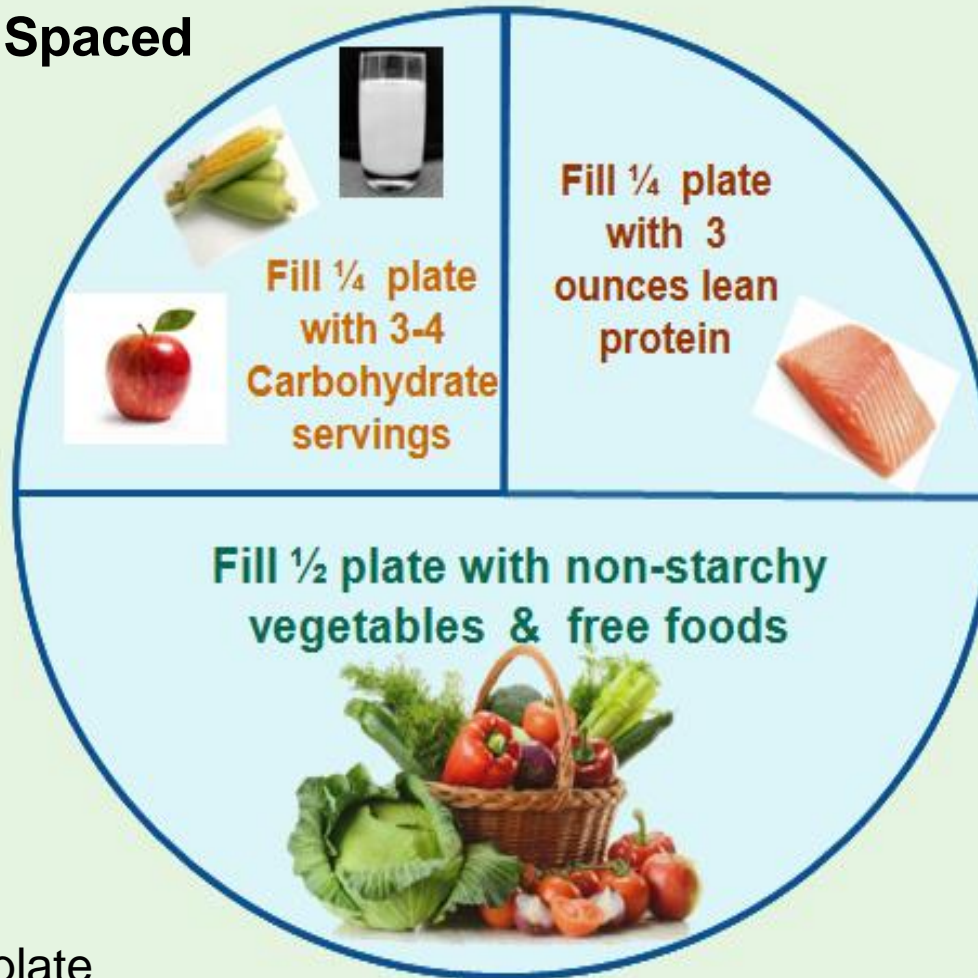


Handful
1 ounce

Nuts
Raisins

The Plate Method

Three Evenly Spaced Meals



Snacks

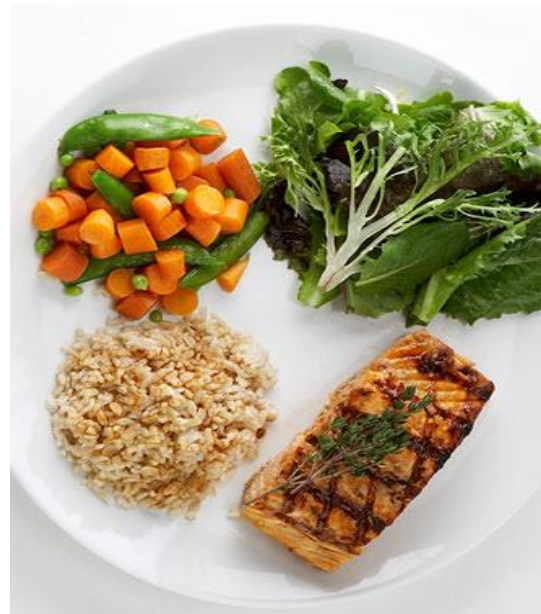
Use a smaller plate

- 1-2 carb servings
- 1 ounce lean protein
- 1-3 snacks between meals
- $\frac{1}{2}$ plate non-starchy veggies & free foods

9 Inch Plate



Sample Meal Plates



Water & Free Foods

Stay hydrated

6 – 8 cups of water a day
48-64 ounces * unless medically restricted



Free Foods

Products with carbs 5 grams or less

- Sugar free beverages
- Sugar free gelatin
- Salad greens / cabbage
- Coffee / Tea
- Garlic / vinegar / mustard
- Herbs / seasonings
- Non-stick cooking sprays
- Sugar substitutes
- Gum (sugar free)



- Condiments limit to 1-2 teaspoons
 - Coffee creamers
 - Catsup / BBQ Sauce
 - Salad dressings (*fat-free*)

Alcoholic Beverages

One alcoholic equivalent = approx 100 calories

Examples:

12 ounce beer

1 ½ ounce distilled spirits

5 ounces wine



If you choose to drink alcohol, LIMIT Consumption to:

1 drink or less for women

2 drinks or less for men



Talk to your physician about limitations and if taking over-the-counter or prescription medications



**THANK YOU FOR
COMING !**

References

- www.diabetes.org
- American Diabetes Association Standards of Medical Care in Diabetes (2019) Diabetes Care, 42, Supplement
- National Institute of Diabetes and Digestive and Kidney Diseases. (2014). Carbohydrate Counting and Diabetes. Retrieved from [http:// www.niddk.nih.gov/health-information/diabetes/overview/diet-eating-physical-activity/carbohydrate-counting](http://www.niddk.nih.gov/health-information/diabetes/overview/diet-eating-physical-activity/carbohydrate-counting)