

Diabetes Meal Planning

FOR THE MEXICAN AMERICAN CLIENT

Fats, sweets, and alcohol (use sparingly)

Fats

A serving can be
 1/8 avocado
 1 tbsp cream cheese or salad dressing
 1 tsp lard, butter, margarine, vegetable oil, or mayonnaise
 10 peanuts

Sweets

A serving can be
 1/2 cup low-fat ice cream
 1 small cupcake or muffin
 2 small whole-grain cookies
 1 small slice angel food or sponge cake

Meat and others (2-3 servings)

A serving can be
 2-3 oz cooked lean beef, pork, poultry, or fish
 1/2 to 3/4 cup tuna or cottage cheese
 2-3 oz cheese
 1 egg*
 2 tbsp peanut butter*
 1/2 cup beans*

*equivalent to 1 oz meat

Milk (2-3 servings)

A serving can be
 1 cup milk
 1 cup yogurt

Vegetables (3-5 servings)

A serving can be
 1 cup raw vegetables
 1/2 cup cooked vegetables
 1/2 cup tomato or vegetable juice
 1/2 cup fresh salsa made with tomato, onion, chilies, and coriander

Fruits (2-4 servings)

A serving can be
 1 small fresh fruit
 1/2 cup canned fruit (juice packed)
 1/2 cup fruit juice
 1/4 cup dried fruit

Grains, beans, starchy vegetables (6 or more servings)

A serving can be	1/3 cup rice, boiled, not fried	4-6 crackers
1 corn tortilla, 6 inches across	1/2 hamburger or hot dog bun	1 small potato
1 flour tortilla, 7-8 inches across (small)	1/2 cup cooked cereal or pasta	1 cup winter squash or Mexican squash (<i>calabazita</i>)
1/2 cup boiled beans or corn	1/2 <i>gordita</i> , baked, not fried	1/2 cup sweet potato or yam
1 slice bread	3/4 cup dry unsweetened cereal, ready to eat	1/2 <i>bolillo</i>

