



## *Basics of Meal Planning - Do plan to choose healthy foods for better blood sugar control*

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12 Do's in the Basic Eating Practices, Meal Planning and Carbohydrate and Vegetable Strategies categories – and three Don'ts, all challenges of eating out.

The Do's in the Basic Eating Practices category are: 1). Limiting high-sugar containing foods; 2). Limiting portion sizes of food; 3). Limiting the size and frequency of desserts; 4). Reducing high-fat foods; 5). Choosing low-fat foods; 6). Choosing low-fat menu selections; and 7). Eating low-fat foods for breakfast.

The Do's in the Meal Planning category are: 1). Eating regularly (three to five small meals a day); 2). Eating low-fat foods for lunch; 3). Planning meals (using shopping lists, planning a weekly menu, taking meals to work or on trips).

The Do's in the Carbohydrate and Vegetable category are: 1). Eating two vegetables for dinner; 2). Eating three cups of raw vegetables and 3). Limiting specific carbohydrates (bread, pasta, rice, crackers or potatoes).

The Don'ts in the Challenges of Dining Out category are: 1). Eating at buffets, fast-food and large chain restaurants; 2). Choosing high-fat or high carbohydrate menu selections, and 3). Eating high-fat sources of protein (red meat, fried entrees and processed meat).

## **Choose These Foods for Health! (What's In Your Pantry?)**

- Apple
- Apricot
- Avocado
- Barley
- Beans
- Blackberries, fresh or sugar-free frozen
- Blueberries, fresh or sugar-free frozen
- Broccoli
- Cabbage
- Canola oil
- Chicken breast
- Cinnamon, ground
- Cranberries, fresh or sugar-free frozen
- Desserts, sugar free, fat free (small portions)
- Oats, and oat-bran, Cheerios
- Olive oil
- Mango
- Meats, very low fat (easy on the red meat)
- Nuts, dry roasted, unsalted (small serving)
- Pasta, low carb ("Dreamfields")
- Parsley
- Peanuts, Peanut oil, Pecans
- Peas
- Peppers
- Potatoes, boiled (small serving)
- Pumpkin (sugar-free pumpkin pie now & then)
- Raspberries, fresh or sugar-free frozen
- Rice, brown
- Salmon, sardines, fresh or canned
- Seeds, raw, dry roasted, unsalted (small serving)
- Seafood, any, in any form, except fried
- Soy products as meat and milk substitutes
- Soups, home made, low fat, low salt
- Spinach, fresh or frozen
- Strawberries, fresh or sugar-free frozen
- Tangerine
- Tea (green or black), with Splenda
- Tomatoes (salt caution with canned tomatoes)
- Turkey breast
- Vegetables, all non-starchy
- Walnuts
- Yogurt, fat and sugar-free