

QUICK FACTS

- Diabetes is a chronic illness that requires treatment to prolong life, reduce symptoms and prevent complications.
- Diabetes is treated with medication and diet. The goal of treatment is to keep the blood sugar from becoming too high or too low.
- Your physician or dietitian can help you learn how much fat, protein and carbohydrate to eat during each meal to maintain blood sugar.
- Meal planning and shopping in advance can help diabetics choose healthier options when it comes time for meals and snacks.

Sample Lunch & Dinner Menus

*If your daily calorie intake is:
1800-2000*

- 1 cup Soup (both based)
 - 2 Slices Bread
 - 3 oz. Roast Turkey
 - Lettuce/Tomato/Pickle
 - Tossed Salad w/
1 teaspoon Salad Dressing
 - 6 Soda Crackers (squares)
 - 1 Medium Apple
 - Calorie Free Beverage
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- 3 oz. Broiled Chicken Breast
 - 1 cup Mashed Potatoes w/
2 tablespoons of gravy
 - 1 cup Green Beans
 - 1/2 cup Light Sliced Peaches
 - 2 slices of Bread
 - 2 teaspoon Low Sugar Jam
 - Calorie Free Beverage
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- 1 small Hamburger Patty
 - 1 small round bun
 - Lettuce/Tomato/Onion/Mustard/
Pickles
 - 3/4 cup Fries (20-24 pieces)
 - Tossed Salad/ Fork method
with salad dressing
 - 1 cup Melon
 - Calorie Free Beverage

Diabetes Sample Menus



Diabetes
Dayton

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until there's a *cure*, we help you *live*

Sample Breakfast Menus

If your daily calorie intake is:
1200-1500

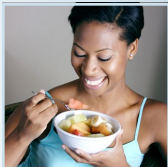
- 1/2 cup of Orange Juice
- 1 Biscuit w/ 2 teaspoons of Light Jam
- Coffee or Tea

- 1/2 Grapefruit
- 3/4 cup Oatmeal
- 1/2 cup 2% Milk
- Coffee or Tea

- 1 cup Cheerios
- 1/c cup 2% Milk
- 1/4 cup Raisins
- Coffee or Tea

- 2 4" Pancakes
- 1/4 cup Sugar Free Syrup
- 1/2 cup Strawberries
- Coffee or Tea

- 1/2 cup Orange Segments
- 1 soft cooked Egg
- 2 slices Toast w/
1 teaspoon Margarine
- Coffee or Tea



Sample Breakfast Menus

If your daily calorie intake is:
1800-2000

- 1 cup of Orange Juice
- 1 Biscuit w/ 2 teaspoons of Light Jam
- Coffee or Tea

- 1/2 Grapefruit
- 1 cup Oatmeal
- 1 cup 2% Milk
- Coffee or Tea

- 1 cup Cheerios
- 1/c cup 2% Milk
- 1/4 cup Raisins
- Coffee or Tea
- 1/2 cup Fruit Juice

- 3 4" Pancakes
- 1/4 cup Sugar Free Syrup
- 1/2 cup Strawberries
- Coffee or Tea

- 1/2 cup Orange Segments
- 2 soft cooked Eggs
- 3 slices Toast w/
1 teaspoon Margarine
- Coffee or Tea

Sample Lunch & Dinner Menus

If your daily calorie intake is:
1200-1500

- 1 cup Soup (both based)
- 2 Slices Light Bread
- 2-3 oz. Roast Turkey
- Lettuce/Tomato/Pickle
- Tossed salad w/
1 teaspoon Salad Dressing
- 2-6 Soda Crackers (squares)
- 1 Small Apple
- Calorie Free Beverage

- 2-3 oz. Broiled Chicken Breast
- 1/2 cup Mashed Potatoes w/
2 tablespoons of gravy
- 1/2 cup Green Beans
- 1/2 cup Light Sliced Peaches
- 1 slice of Bread
- 2 teaspoon Low Sugar Jam
- Calorie Free Beverage

- 1 small Hamburger Patty
- 1 small round bun
- Lettuce/Tomato/Onion/Mustard/
Pickles
- 1/2 cup Fries (15-18 pieces)
- Tossed Salad/ Fork method
with salad dressing
- 1/2 cup Melon
- Calorie Free Beverage