

# Your 1200-calorie meal plan

Cornerstones4Care™

## The importance of healthy eating

Eating healthy is an important part of managing your diabetes. The food in your meal plan will provide the calories and nutrients you need each day to manage your blood sugar and give you the energy you need for healthy living.

You can use the following guidelines to estimate how many calories you need each day to help maintain your weight.

### For every pound of weight, calculate:

- 10 calories for an adult who is obese or inactive
- 13 calories for an adult with a low activity level or over 55 years of age
- 15 calories for an adult who is somewhat active
- 18 calories for an adult who is very active

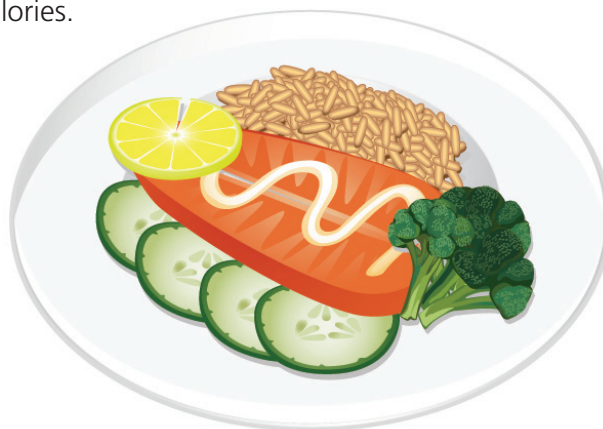
To lose weight, you will need to eat fewer calories. To gain weight, you will need to eat more calories. Ask your doctor to refer you to a registered dietitian (RD). This person can help you make a meal plan. You want to have the right balance of food, medicine, and activity.

## Choose your foods: Exchange lists for diabetes

The Exchange Lists offer a large selection of foods grouped together because they have about the same nutritional content. Each serving of a food has about the same carbohydrate, protein, fat, and calories as the other foods in that list. Any food within a list can be “exchanged” for another food in the same list.

Ask your diabetes care team for a copy of the **Cornerstones4Care** booklet, *Carb Counting and Meal Planning*, from Novo Nordisk. It includes the Exchange Lists for Diabetes and other useful information on healthy eating. Use the Exchange Lists in *Carb Counting and Meal Planning* with this meal-planning information.

To learn more about healthy eating and menu planning, visit [Cornerstones4Care.com](http://Cornerstones4Care.com).



For more information, visit  
[Cornerstones4Care.com](http://Cornerstones4Care.com)


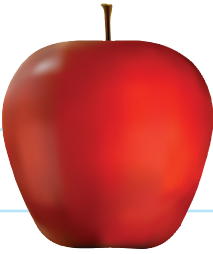
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For more information about meal planning, go to [Cornerstones4Care.com](http://Cornerstones4Care.com) and take advantage of our online Menu Planner to create a 7-day menu plan, including diabetes-friendly recipes and a customized grocery list.

The following sample menu for a 1200-calorie meal plan includes a total of 5 starch exchanges, 2 fruit exchanges, 2 milk exchanges, 3 nonstarchy vegetable exchanges, 5 meat exchanges, and 4 fat exchanges daily.

Meal	Exchanges	Sample	
<b>Breakfast</b>	1 starch	½ cup cooked oatmeal	
	1 fruit	¾ cup blueberries	
	1 fat	6 almonds, chopped	
	1 milk	1 cup fat-free milk	
<b>Lunch</b>	2 starch	1 pita, 6 inches across	
	2 meat, lean	2 ounces tuna in water	
	1 fat	1 tablespoon reduced-fat mayonnaise	
	1 vegetable	1 cup raw baby carrots	
<b>Snack</b>	1 fruit	1 small apple (4 ounces)	
<b>Dinner</b>	3 meat, lean	3 ounces grilled chicken breast	
	2 starch	⅔ cup brown rice	
	2 vegetable	1 cup sautéed spinach	
	2 fat	2 teaspoons olive oil	
	free food	1 cup tossed salad greens with 1 tablespoon fat-free dressing	
<b>Snack</b>	1 milk	⅔ cup (6 ounces) low-fat yogurt	

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# Your personal meal plan

Grams Percent

Carbohydrate: \_\_\_\_\_

Protein: \_\_\_\_\_

Fat: \_\_\_\_\_

Calories: \_\_\_\_\_

Meal plan for: \_\_\_\_\_ Date: \_\_\_\_\_

Dietitian: \_\_\_\_\_ Phone: \_\_\_\_\_

Time	Number of Exchanges	Menu Ideas
<b>Breakfast</b>	_____ Carbohydrate group	_____
	_____ Starch	_____
	_____ Fruit	_____
	_____ Milk	_____
	_____ Meat and meat substitutes group	_____
	_____ Fat group	_____
<b>Lunch</b>	_____ Carbohydrate group	_____
	_____ Starch	_____
	_____ Fruit	_____
	_____ Milk	_____
	_____ Nonstarchy vegetables	_____
	_____ Meat and meat substitutes group	_____
<b>Snack</b>	_____ _____	_____
	_____ _____	_____
<b>Dinner</b>	_____ Carbohydrate group	_____
	_____ Starch	_____
	_____ Fruit	_____
	_____ Milk	_____
	_____ Nonstarchy vegetables	_____
	_____ Meat and meat substitutes group	_____
<b>Snack</b>	_____ _____	_____
	_____ _____	_____

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