

## Your 2200 Calorie Meal Plan

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 glucose and to give you the energy you need for healthy living.

You can use the following guidelines to estimate how many calories are needed per day to help maintain your weight.

### **For every pound of weight, calculate:**

- 10 calories for an adult who is obese, very inactive, or always dieting
- 13 calories for an adult over 55 years of age, an active woman, or an inactive man
- 15 calories for a very active woman or an active man
- 20 calories for a very active man or an adult athlete

To lose weight, you'll need to eat fewer calories. To gain weight, you'll need to eat more calories. You and your healthcare provider will develop a healthy meal plan that is right for you.

## The Exchange Lists for Meal Planning

The Exchange Lists offer a large selection of foods grouped together because they have approximately 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 healthcare provider for a copy of the *Changing Life With Diabetes* booklet, Carb Counting and Meal Planning from Novo Nordisk. It includes the Exchange Lists for Meal Planning and other useful information on healthy eating. Use the Exchange Lists in Carb Counting and Meal Planning with this meal planning information.

To become a member of *Changing Life With Diabetes*, a free program for people who take insulin, enroll on line at [ChangingDiabetes-us.com](http://ChangingDiabetes-us.com). Another program that will help you manage your diabetes is the free Novo Nordisk Tip Line at 1-800-260-3730.

## 2200 Calorie Meal Plan

The following sample menu for a 2200 calorie meal plan includes a total of 10 starch exchanges, 4 fruit exchanges, 4 milk exchanges, 4 non-starchy vegetable exchanges, 7 meat exchanges and 7 fat exchanges daily.

Meal	Exchanges	Sample
<b>Breakfast</b>	2 starch	1 multi-grain English muffin
	1 meat, lean	1 slice Canadian bacon
	1 fat	1 teaspoon butter or margarine
	1 milk	8 ounces (1 cup) skim milk
	1 fruit	1 cup cubed melon
<b>Snack</b>	1 milk	3/4 cup plain, low fat yogurt
	1 starch plus 1 fat	1/4 cup granola
<b>Lunch</b>	2 meat, very lean	1/2 cup egg substitute, scrambled
	1 vegetable	1/2 cup sautéed vegetables (for example onion, pepper and mushrooms)
	2 fat	2 teaspoons oil or margarine
	2 starch	2- 6 inch wheat tortillas
	free food	salsa
1 fruit	1/2 small mango	
<b>Snack</b>	1 milk	2/3 cup vanilla yogurt
	1 fruit	1 cup frozen fruit
	1 starch	3 tablespoons wheat germ
} Fruit smoothie		
<b>Dinner</b>	3 starch	1 cup whole wheat pasta, cooked
	3 meat, medium fat	3 ounces lean meatballs
	2 vegetable	1/2 cup spaghetti sauce, homemade
	2 fat	2 teaspoons olive oil
	1 vegetable	1/2 cup green beans, sautéed
	1 fruit	1/2 large pear
<b>Snack</b>	1 starch	4-6 crackers
	1 meat, high fat	1 ounce of cheese
	1 milk	8 ounces (1 cup) skim milk



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

# Your Personal Meal Plan

Meal plan for: \_\_\_\_\_ Date: \_\_\_\_\_  
Dietitian: \_\_\_\_\_ Phone: \_\_\_\_\_

	<b>Grams</b>	<b>Percent</b>
<b>Carbohydrate:</b>	_____	_____
<b>Protein:</b>	_____	_____
<b>Fat:</b>	_____	_____
<b>Calories:</b>	_____	_____

Time	Number of exchanges	Menu ideas
	_____ Carbohydrate group _____ Starch _____ Fruit _____ Milk _____ Meat and meat substitutes group _____ Fat Group	
	_____ _____ _____ _____ _____ Carbohydrate group _____ Starch _____ Fruit _____ Milk _____ Non-starchy vegetables _____ Meat and meat substitutes group _____ Fat Group	
	_____ _____ _____ _____	
	_____ Carbohydrate group _____ Starch _____ Fruit _____ Milk _____ Non-starchy vegetables _____ Meat and meat substitutes group _____ Fat Group	
	_____ _____ _____ _____	

