

EXCHANGE LIST FOR 2400 CALORIES MEAL PLAN

The sample menu below shows one of the many ways you can personalize your meal plan. Consider your own food preferences and design your own meal plan in the 3rd column.

EXCHANGES

BREAKFAST

2 Starch/Bread
1 Meat
1 Fat
1 Free

AM SNACK

1 Starch
1 Milk
1 Fat

LUNCH

2 Starch/Bread
4 Meat
2 Non-Starchy Vegetable
1 Milk
1 Fruit
1 Fat
1 Free

AFTERNOON SNACK

1 Starch/Bread
1 Meat
1 Fat
1 Milk

DINNER

2 Starch/Bread
5 Meat
2 Non-Starch Vegetable
1 Fruit
1 Fat
1 Free

EVENING SNACK

1 Starch/Bread
1 Meat
1 Milk

SAMPLE MEAL PLAN

BREAKFAST

2 slices bread/toast
1 egg
1 tsp margarine
coffee or tea

AM SNACK

½ cup sugar frosted cereal
1 cup low fat skim milk
4 pecan halves

LUNCH

2/3 cup pasta
4 oz. chicken strips
1 cup green beans
1 cup low fat skim milk
1 medium orange
1 tsp margarine
decaf tea, lemon edge

AFTERNOON SNACK

6 saltine, crackers
¼ cup tuna fish
1 TBS light mayonnaise
1 cup low fat skim milk

DINNER

1 cup mashed potato
5 oz. lean ham
1 cup cooked broccoli
1 ¼ cup cubed watermelon
1 tsp margarine
sugar free drink

EVENING SNACK

1 slice bread
1 TBS peanut butter
1 cup low fat skim milk

YOUR MEAL PLAN

BREAKFAST

AM SNACK

LUNCH

AFTERNOON SNACK

DINNER

EVENING SNACK

**HEALTH LITERACY PROJECT
SAMPLE 5-DAY MENU FOR DIABETIC PATIENTS**

**MONDAY
(Sample)**

BREAKFAST

2 slices bread/toast
1 egg
1 tsp margarine
1 cup coffee

AM SNACK

½ cup sugar frosted cereal
1 cup low fat skim milk
4 pecan halves

LUNCH

2/3 cup pasta
4 oz. chicken strips
1 cup green beans
1 cup low fat skim milk
1 medium orange
1 tsp margarine
1 decaf tea, lemon edge

AFTERNOON SNACK

6 saltine crackers
¼ cup tuna fish
1 TBS light mayonnaise
1 cup low fat skim milk

DINNER

1 cup mashed potato
5 oz. lean ham
1 cup cooked broccoli
1 ¼ cup cubed watermelon
1 tsp margarine
1 sugar free drink

EVENING SNACK

1 slice bread
1 TBS peanut butter
1 cup low fat skim milk

**TUESDAY
(Blanca, Jean, Fedson, Jules)**

BREAKFAST (Blanca)

1 pita (6in.)
2 egg white
6 almonds
1 cup tea

AM SNACK (Blanca)

½ cup oats
6 oz. flavored fat-free yogurt
10 peanuts

LUNCH (Jean)

1 cup mashed potatoes
4 oz. turkey (white meat, no skin)
2 cups raw carrots
1 cup 1% milk
1 small banana
1 tsp mayonnaise
gelatin dessert, sugar free

AFTERNOON SNACK (Jules)

1 slice bread, rye
1 oz. kidney
1 tsp mayonnaise
cup low fat skim milk

DINNER (Fedson)

1 cup yam, sweet
5 oz. trout
1 cup artichoke heart
1 small apple
1 TBS salad dressing, regular
iced tea

EVENING SNACK (Jules)

1 slice bread
1 oz. fat free cheese
1 cup low fat skim milk

**WEDNESDAY
(Junie, Rosette, Bedanie, Sherlyne)**

BREAKFAST (Gladys)

½ bagel
1 oz. sausage
1 tsp mayonnaise
mineral water

AM SNACK (Gladys)

4 slices Melba toast
1 cup 2% milk
½ TBS peanut butter

LUNCH (Cherline)

1 cup corn
4oz. roast lamb
1 cup canned tomatoes
1 cup fat free milk
2 TBS raisins
10 peanuts
2 TBS sugar free syrup

AFTERNOON SNACK (B)

¾ oz. pretzels
1 oz. fat free cheese
8 large black olives
1 cup 2% milk

DINNER (Bedanie)

1 cup green peas
5 oz. flounder
1 cup asparagus
3 oz. grapes
2 tsp tahini
diet soft drink, sugar free

EVENING SNACK (B)

1 small roll, plain
¼ cup low fat cottage cheese
1 cup low fat skim milk

THURSDAY
(Evenson, Anly, Martine, Josue)

BREAKFAST (Josue)

1 English muffin
1 oz. trout
1 tsp margarine
1 cup coffee

AM SNACK (Josue)

4 slices Melba toast
1 cup low fat skim milk
2 TBS medium avocado

LUNCH (Martine)

1 cup mixed veggies
4 oz. chicken
1 cup cauliflower
1 cup low fat skim milk
2 small tangerines
1 tsp margarine
bouillon or broth

AFTERNOON SNACK (Evenson)

1 whole wheat bread
1 oz. chicken
6 cashews
1 cup fat free soy milk

DINNER (Anly)

1 cup plantain
5 oz. lean pork
1 cup mushroom
½ cup orange juice
1 slice bacon
Drink mix, sugar free

EVENING SNACK (Evenson)

1/3 cup bread stuffing
1 oz. tuna
½ cup evaporated fat free milk

FRIDAY
(Fabius, Kemcy, Susana, Ismaelie)

BREAKFAST (Fabius)

1 cup oats
1 egg
1 tsp margarine
1 cup tea

AM SNACK (Fabius)

1 cup bran cereals
1 cup low fat skim milk
6 mixed nuts

LUNCH (Fabius)

2 slices bread
4 oz. sirloin steak
1 cup endive
1 cup low fat skim milk
1 cup raspberries
1 tsp olive oil
vinegar/garlic

AFTERNOON SNACK (Ismaelie)

3 cups popcorn
2 egg whites
4 halves walnuts
1 cup low fat skim milk

DINNER (Ismaelie)

2/3 cup rice
5 oz. salmon
1 cup spinach
1 kiwi
1 TBS sesame seeds
mineral water

EVENING SNACK (Ismaelie)

½ bagel
½ TBS peanut butter
6 oz. plain yogurt

PRESENTATION NUTRITIONAL PLAN FOR DIABETES

Today we are here to talk about one of the most common chronic disease “Diabetes”. First, let’s look at the definition of a chronic disease.

A chronic disease is one that doesn’t go away. Some examples of chronic diseases are: heart disease, cancer, asthma, high blood pressure, and diabetes. As stated earlier, we are going to talk about the last one, diabetes.

What does it mean?

Diabetes occurs when your body has trouble taking the sugar out of your blood to use for energy. If you have diabetes, your blood sugar level is too high or too low. This can be very bad for your body.

The risk factors for diabetes are:

- family history (a family member had it before)
- age (45 years old or older)
- smoking
- weight (overweight or obese)
- high blood pressure
- not enough exercise

The following is a chart of the different blood sugar levels in your body and their meaning for diabetes:

- 70 to 110 = low or normal (ok)
- 110 to 125 = borderline or pre-diabetes (eat less sugar)
- 126 and higher = diabetes (need treatment)

So, if you have diabetes or know someone who has it, we have good news for you. We have created a nutritional plan that can help you deal with the disease.