

DIABETES AND SUMMERTIME EATING


Meal Planning this Summer!

Summer foods can easily fit into your meal plan. This list will help you enjoy the summer season. Please note the following serving info:

- 1 carb. = 15 grams carbohydrate
- 1 meat = 7 grams or 1 oz. protein
- 1 fat = 5 grams fat



Due to variations in food ingredients and serving sizes, use nutrition label as a guide if available. Ask your Registered Dietitian for more information about any other holiday foods you may like to eat.

<u>Beverages</u>	<u>Fruits</u>	
Diet Sodafree	Each of the following servings equal 1 carbohydrate choice.	
Sugar free Drinksfree	Apricots 4 whole	
Sugar free Lemonadefree	Blueberries 3/4 cup	
Juice (4 oz)1 carb	Blackberries 3/4 cup	
Punch (4 oz)1 carb	Cantaloupe 1 cup cubes	
Regular soda (4oz)1 carb	Cherries 12 large	
Fruit Slush (4 oz)1 carb	Fruit Salad 3/4 cup	
Lemonade (8 oz)1 1/2 carbs	Grapes 12-15	
Sweetened Ice Tea (8 oz) ...1 carb	Honeydew 1 cup cubes	
*Alcohol:	Kiwi 1 large	
Beer (12 fl oz)..... 2 fats, 1 carb	Mango 1 small	
Light Beer (12 fl oz)..... 2 fats	Nectarine 1 small	
Liquor (1 1/2 fl oz)..... 2 fats	Papaya 1 cup cubes	
Wine (4 fl oz)..... 2 fats	Peaches 1 medium	
Wine Coolers (12 fl oz).. 2 fats, 2 carbs	Pineapple 3/4 cup chunks	
* Check with your doctor before drinking alcohol.	Plums 2 small	
	Raspberries 1 cup	
	Strawberries 1 cup, whole	
	Watermelon 1 cup cubes	



Salads

Baked Beans (1/3 cup)..... 1 carb	Baked Potato (small) 1 carb
Coleslaw (1/2 cup) 1 veg, 1 fat	Corn on the Cob (6" ear)..... 1 carb
Egg Salad (1/2 cup).... 2 meat, 2 fat	Waldorf Salad (1/2 cup)..... 1 carb, 1 fat
Macaroni Salad (1/2 cup).... 1 carb, 2 fats	Potato Salad (1/2 cup)..... 1 carb, 2 fats
Fruit Salad (3/4 cup)..... 1 carb	Pasta Salad (1/2 cup)..... 1 carb, 1 fat
Gelatin, regular (1/2 cup)..... 1 carb	Gelatin, sugar-free (1/2 cup)..... free

Vegetables: Asparagus, Broccoli, Carrots, Celery, Cucumbers, Cauliflower, Green Beans, Green and Red Pepper, Salad Greens, Summer Squash, Tomatoes, Zucchini

If you eat 3 cups or more of raw vegetables or 1 1/2 cups of cooked vegetables at one time, count as 1 carb, otherwise they are free.

Entrees and Grilled Meats

Barbequed Chicken

leg & thigh = **3 meats, 2 fats**

small skinless breast = **3 meats**



Barbequed Ribs (1/3 rack) = **3 meats, 2 fats**

Bratwurst & bun = **2 carbs, 3 meats, 2 fats**

Chef Salad (2 c. mixed greens, 2 oz ham/turkey, 1egg,
1 oz. cheese, NO dressing) = **1 veg, 3 meats**

Corn Dog = **2 carbs, 1 meat, 2-4 fats**

Fresh Fish, cooked 3 oz = **3 meats**

Hamburger on a bun, small = **2 carbs, 3 meats, 1fat**

Hot Dog & bun = **2 carbs, 1-2 meats, 2 fats**

Pizza (1/4 of 10") = **2 carbs, 2 meats, 2 fats**
(thin crust with meat topping)

Steak, grilled 3 oz. = **3 meats, 1-2 fats**

Sub Sandwich 6" = **3 carbs, 1 veg, 2 meats,**
1-3 fats

Tacos-

hardshell, regular = **2 carbs, 2 meats, 2 fats**

softshell, regular = **1 carb, 1 meat, 1 fat**

Sweets and Desserts

(Can be safely eaten by most people with diabetes. Limit if you have high triglycerides).

Banana Split (regular).... **8-10 carbs, 3-5 fats**

Caramel Apple.....**3 carbs, 2 fats**

Caramel Corn (1 cup)..... **2 carbs, 2 fats**

Cotton Candy (1 stick).....**1 carb**

"Elephant Ear" (1).....**3-4 carbs, 3 fats**

Fruit Pie, 2 crusts (1/6 pie)...**3 carbs, 2 fats**

Medium soft serve cone

Frozen Yogurt.....**2-3 carbs, 1 fat**

Ice Cream, soft serve....**2-3 carbs, 1 fat**

Ice Cream, hand dipped...**2 carbs, 2 fat**

Italian Fruit Ice (3-4 oz.).....**1 carb**

Malt or shake (small).....**4 carbs, 2-4 fats**

Popsicle (twin).....**2 carbs**

Popsicle, sugar free.....**free**

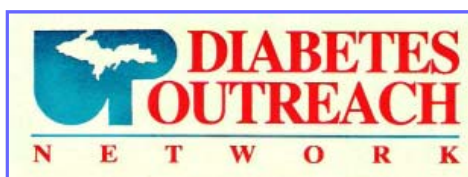
Soft Pretzel (large).....**3-4 carbs**

Sherbet or Sorbet (1/2 cup)..**2 carbs**

Snow Cone (3-4 oz).....**1 carb**

Strawberry Shortcake (2" sq)....**3 carbs, 2 fats**

Sundae w/fruit or hot fudge topping (small)....
4 carbs, 2-4 fats



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