NovoCare®
Education + Resources
DIABETES

Meal planning and carb counting

Your guide to eating healthy with diabetes

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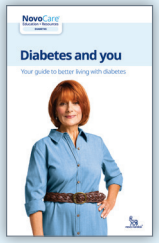
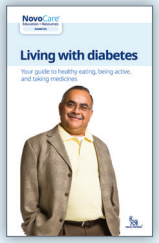
DIABETES

The more you know about diabetes, the better you will be able to manage it. Ask a member of your healthcare team for these **FREE** books. For even more information, go to **NovoCare.com.**

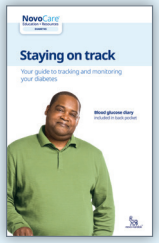
This educational booklet series is designed to help people with diabetes work with their diabetes care teams to learn about and manage diabetes.



Diabetes and you
This booklet gives you key information about diabetes and why it happens. It also offers tools and resources to help you manage your diabetes.



Living with diabetes
Take steps to manage your diabetes by eating healthy, being active, and taking medicines. This booklet gives you more information about how to live well with diabetes.



Staying on track
Reading this booklet can help you understand more about blood glucose goals and what your numbers mean. Learn how to monitor your health and use a tracker to fill in your blood glucose readings.

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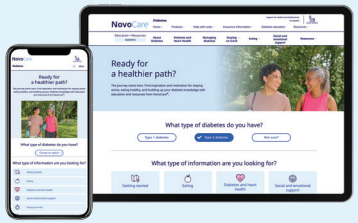
This booklet gives you key information about planning meals and carb counting with diabetes. It also offers tools and resources for eating healthy to help you manage your diabetes. If you have questions, be sure to reach out to your diabetes care team.

Look for this symbol
throughout the booklet



Visit NovoCare.com from your smartphone, tablet, or computer for more information and support.

ADCES REVIEWED™
Association of Diabetes Care & Education Specialists

This booklet is consistent with American Diabetes Association educational materials, including the Standards of Care in Diabetes. This booklet does not replace the advice of your diabetes care team. Be sure to talk with your diabetes care team about a diabetes care plan that is right for you.

GETTING STARTED

In this section:

- ✓ **The basics of healthy eating**
- ✓ **Planning meals**
- ✓ **Types of eating plans**

The basics of healthy eating

Healthy eating is an important part of managing your diabetes along with being active and taking medicines, if needed. Why? Because what, when, and how much you eat affects your blood glucose (*blood sugar*) levels.

Healthy eating doesn't mean you have to stop eating your favorite foods and dining out. But you may need to limit how much and how often you eat some of them.

Healthy eating is when you:

Eat a wide variety of foods each day

Watch your portion sizes

Space your meals evenly throughout the day

Don't skip meals

Use this booklet as a guide to plan healthier meals. It's not easy to change what and how you eat. Give yourself time to get used to your new routine. Soon, you'll be enjoying healthy, delicious meals and snacks as needed.

Planning meals

An eating plan is a guide that helps you choose what foods to eat, when to eat meals and snacks, and how much to eat. A typical healthy plan includes:

Nonstarchy vegetables, such as broccoli, carrots, and leafy greens

Fiber, which is found in beans, whole grains, fruits, and vegetables

Lean protein, such as chicken (without skin), fish, tofu, and eggs

Complex carbohydrates, such as whole-grain bread, oats, and brown or wild rice

Low-fat dairy products, such as milk, yogurt, and calcium-fortified plant-based milk

Heart-healthy fats, such as olive or canola oil, nuts, and seeds

Visit NovoCare.com for healthy recipes and guidance on well-balanced meals.

For many people with diabetes, the hardest part of a treatment plan is deciding what to eat. There is no such thing as a "diabetes diet." But you can work with someone on your diabetes care team to figure out what eating plan makes the most sense for you and your treatment goals. That person might be a dietitian, diabetes care and education specialist, or a registered nurse.

The goal of healthy eating is to help you manage your:

Blood glucose levels

Cholesterol levels

Weight

Blood pressure

When these things are managed, you may prevent or slow down the chance of getting other health problems.

Types of eating plans

Many different eating patterns can help you manage your diabetes. Here are some common eating patterns that have shown benefits for people with type 2 diabetes.

Carb counting

The amount of carbohydrates (*carbs*) in your meals and snacks can make a big difference in your blood glucose level. That's why it's good to be aware of how many carbs you eat.

Carb counting is one of many meal planning options. With this plan, you count the amount of carbs you eat and drink at each meal and snack. You and your diabetes care team will set the right amount of carbs for you.

Carb counting gives you many choices and lots of flexibility when planning meals.

If you take insulin, counting carbs can help you know how much insulin to take. Read Advanced Carb Counting on page 30 for more information.

Carb counting tips

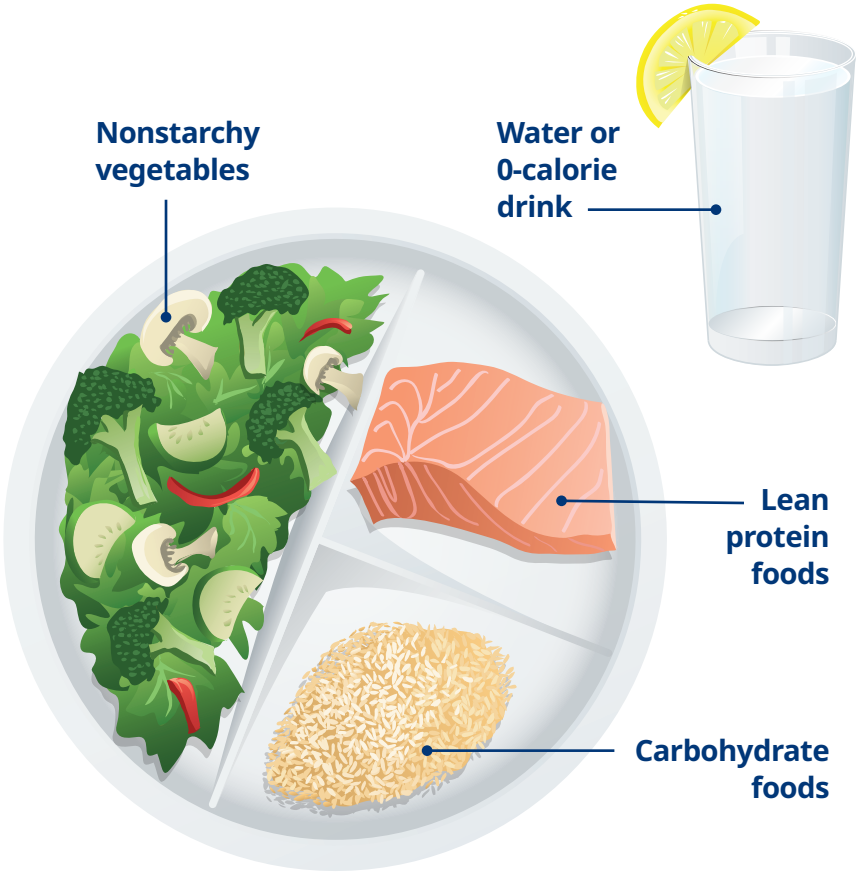
- Eat 3 meals a day about 4 to 6 hours apart
- Do not skip meals
- Try to eat the same amount of carbs at each meal

Visit NovoCare.com for ideas to help make it easier to start and follow a healthy eating plan.

The plate method

The American Diabetes Association recommends using your plate to create healthy meals. The plate method is a simple way to manage portion sizes and eat balanced meals. You don't need to count anything.

Start with a 9-inch plate and imagine you have split the plate in half. Then divide one of the halves into two. Use the plate below as a guide to help you build a healthy meal.



You can make your own plate with your favorite foods. Use the list starting on page 45 of this booklet to find the foods you like.

Mediterranean

With this kind of eating plan, you have mostly plant-based foods. These are fresh vegetables and fruit, whole grains, beans, nuts, and seeds. Olive oil is the main source of fat. This plan also includes a small amount of dairy, fish, and poultry.

Following a Mediterranean eating pattern can help protect your heart. It may also help you lower your A1C and triglycerides (a type of fat in the blood).

Vegetarian

A vegetarian eating plan is when you only eat plant-based foods, such as vegetables, fruit, whole grains, nuts, seeds, and beans. Some plans do not include any animal products, including dairy and eggs. A vegetarian eating plan gives you lots of vitamins, minerals, and fiber.

Following a vegetarian eating plan may help lower your A1C and cholesterol levels. It may also help you manage your weight.

Visit NovoCare.com to "Ask Sophia!" She is a digital assistant that can answer questions about diabetes and so much more!

DASH

DASH stands for "Dietary Approaches to Stop Hypertension." It is an eating plan that is high in fiber and suggests eating more vegetables, fruits, whole grains, nuts, seeds, plus low-fat dairy products, poultry, and fish. The DASH diet limits red meat and sugary and salty foods.

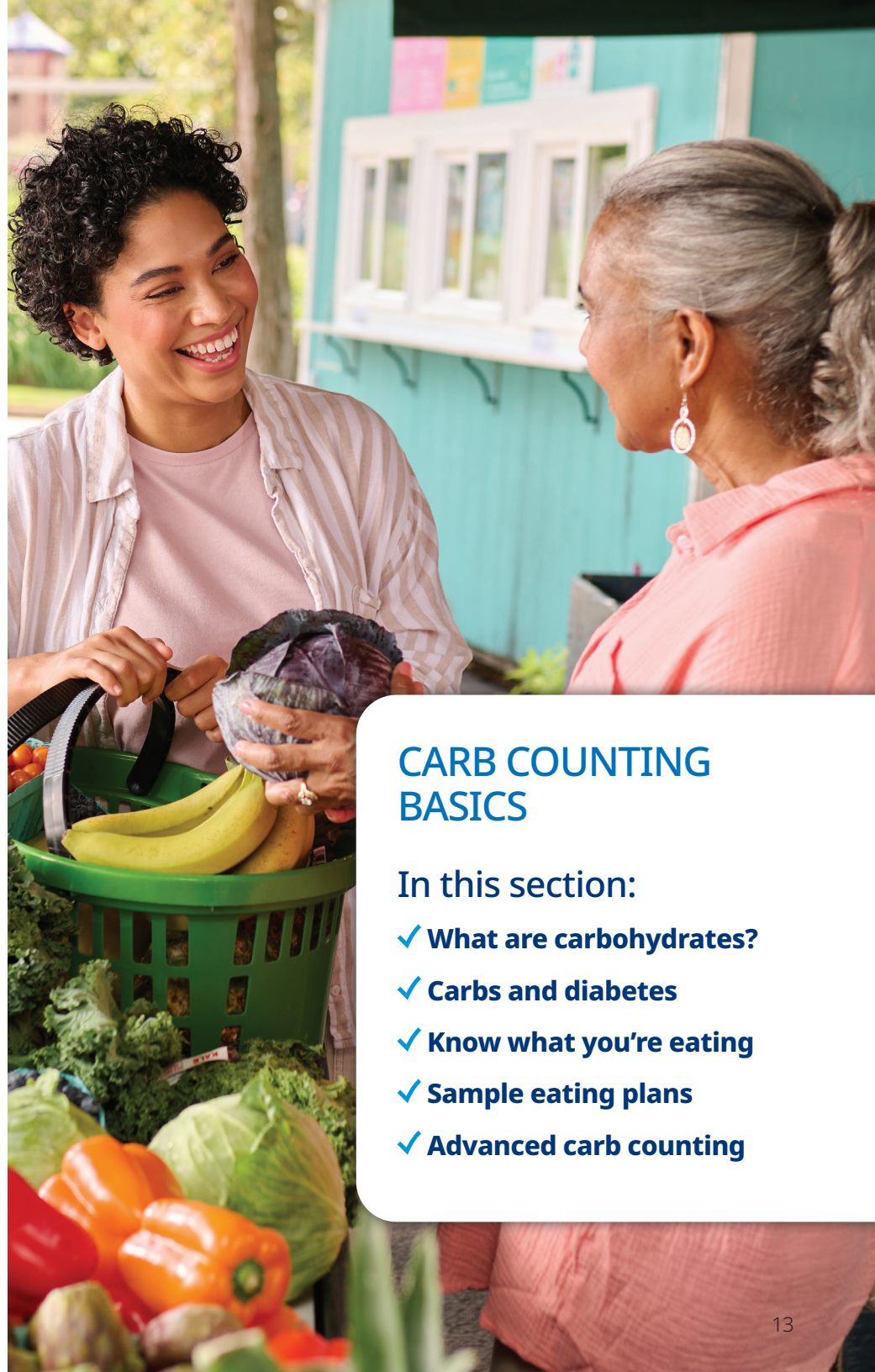
Following this eating plan can help to lower blood pressure in people with high blood pressure. It may also help you manage your weight.

Low carb

A low-carb eating plan is when less than 26% of total calories come from carbohydrates. It limits foods that are high in carbs, such as grains, sweets, and starchy vegetables. With a low-carb plan, you eat mostly nonstarchy vegetables, healthy fats, and protein. This type of plan is not recommended for some people with diabetes. Be sure to talk to your diabetes care team before you choose a low-carb approach.

Following a low-carb eating plan may help lower your A1C, blood pressure, and triglycerides. It may also help you manage your weight.

Many different kinds of eating patterns help manage diabetes. Work with your diabetes care team to find a plan that's right for you.



CARB COUNTING BASICS

In this section:

- ✓ **What are carbohydrates?**
- ✓ **Carbs and diabetes**
- ✓ **Know what you're eating**
- ✓ **Sample eating plans**
- ✓ **Advanced carb counting**

What are carbohydrates?

There are 3 main types of carbohydrates *(carbs)* in the foods you eat. They are **starch, fiber,** and **sugar.** Each type of carb affects your blood glucose in a different way.

When you look at food labels, "total carbohydrate" includes all three types. This is the number you should look at if you are counting carbs. For more information about reading food labels, see pages 20-22.

Starch

Starches are also called *complex carbohydrates.* Try to incorporate whole grains that are minimally processed. Foods that are high in starch include:

- Starchy vegetables, like corn, squash, plantain, and potatoes
- Beans, lentils, and peas
- Grains, like wheat, oats, rice, barley, and quinoa
- Foods made from wheat, like pasta and bread

Effect on blood glucose levels

Starchy foods raise blood glucose levels, but not as fast as sugary foods.

Fiber

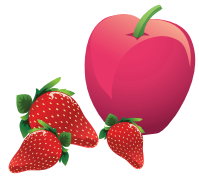
Fiber is the kind of carb found in plant foods, like vegetables, fruits, beans, whole grains, nuts, and seeds. Your body does not digest fiber. Fiber helps you feel full after eating and have regular bowel movements. It may also reduce your cholesterol.

For good health, adults should try to eat 25 to 30 grams of fiber each day. Most of us only eat about half that amount.

Foods that are good sources of fiber include:

Beans and legumes (like black beans, kidney beans, chick peas, and lentils)

Fruits and vegetables, especially those with skin you can eat (like apples) and those with seeds you can eat (like berries)



Whole grains (like oats, barley, brown rice, whole-grain cereals and breads, and whole-wheat pasta)

Nuts and seeds

Effect on blood glucose levels

Fiber slows down digestion. This means that eating fiber-rich food helps your blood glucose levels rise slowly.

Visit NovoCare.com to learn more about how carbohydrates affect your blood glucose levels.

Sugar

Sugar is also called *simple* or *fast-acting carbohydrate*. There are 2 main types of sugar:

Sugar that occurs naturally in food, like in milk and in fruit

Sugar that is added to food, like in sweet desserts and in many packaged foods and sugar-sweetened drinks

Effect on blood glucose levels

Sugary foods and drinks, such as pastries, desserts, breakfast cereals, fruit juices, and soft drinks, raise blood glucose levels very quickly after you eat them.

Sugar substitutes

There are many products on the market that contain sugar substitutes. You can also buy them as tabletop sweeteners or in packets to add to your food. Some examples are:

- Saccharin (Sweet'n Low)
- Aspartame (NutraSweet, Equal, Sugar Twin)
- Sucralose (Splenda)
- Stevia
- Luo han guo (monk fruit)

Be sure to check the nutrition label. Some foods labeled as "sugar-free" or "no sugar added" may still have carbohydrates in them.

Effect on blood glucose levels

Most sugar substitutes do not affect blood glucose levels. They also have little or no calories.

Visit NovoCare.com to learn more about making healthy food choices to help you manage your diabetes.

Carbs and diabetes

When you digest foods and drinks with carbs, the carbs break down into glucose to fuel your cells. This causes the body's blood glucose level to rise. That doesn't mean you have to stop eating carbs. You just have to be aware of the amount you eat. Carbohydrates are an important part of a balanced diet.

How many carbs should you eat?

A good starting place for people with diabetes is:

- For most women, about 45 to 60 grams of carbs per meal and 15 grams per snack
- For most men, about 60 to 75 grams of carbs per meal and 15 to 30 grams for one or two snacks

This amount depends on how active you are, your weight, and any medicines you might take. Your registered dietitian or diabetes care and education specialist can help you figure out the right amount for you.

Knowing how many carbs you should eat at each meal and snack is important. Why? Because when you know the amount of carbs that is right for you, you can choose foods and portion sizes to help you meet your blood glucose goals. In the boxes on the next page, write the amount of carbs recommended by your diabetes care team.

My recommended carbs

Per day	Per meal	Per snack

Know what you're eating

All packaged foods must show a Nutrition Facts label.
The label gives important facts about what's in the food.
Use it to compare foods and to help you make decisions about the foods you choose to eat.

These food labels are very helpful if you use carb counting to plan your meals.

Visit NovoCare.com to learn more about carbs and blood glucose. You can also find helpful factsheets about low and high blood glucose levels.

How to read a Nutritional Facts label

- **Check the serving size.** Information on the label is based on 1 serving size. Keep in mind that packages and cans often contain more than 1 serving.

  This example label shows that the package contains 8 servings. But the food facts given are for only 1 serving.

- **Check how many grams of total carbs** are in each serving.

- **Notice how many grams of fiber** are in each serving. Your body doesn't digest fiber, so it doesn't affect your blood glucose. Compare food labels and choose foods with the most fiber.

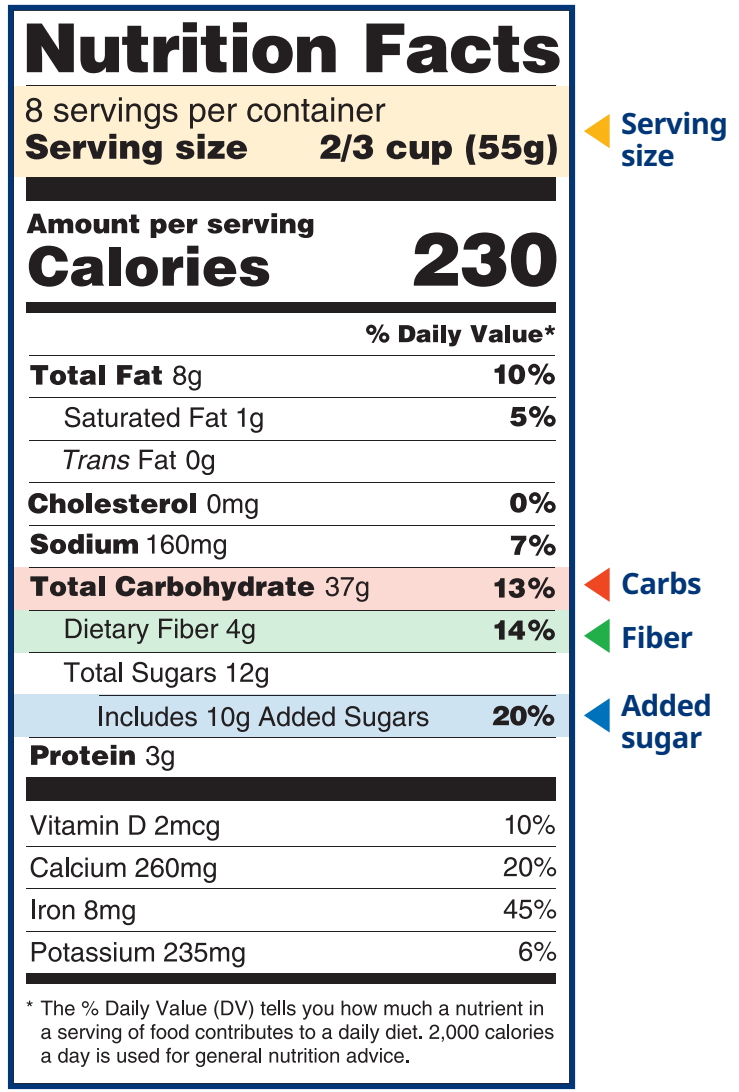
- **Check how many grams of added sugar** the food contains. This is sugar that was added to the food as it was made.

American Diabetes Association®

Use the Nutrition Facts label to help you make other healthy choices. The ADA recommends that you:

- Limit added sugars to less 10% of calories per day
- Keep saturated fats to less than 10% of calories each day
- Avoid trans fats
- Restrict cholesterol intake
- Reduce sodium intake to less than 2,300 mg/day

First, read the label and know what's in the food. Then, decide if the food fits into your eating plan.



Visit **NovoCare.com** for more information about how food labels can help you make healthy food choices.

Some packaged foods may have a label that has 2 columns. This is to show the difference in how much you are eating or drinking if you have one serving or the entire package at one time.

Nutrition Facts

2 servings per container

Serving size **1 cup (255g)**

	Per serving		Per container	
Calories	**220**		**440**	
		% DV*		% DV*
Total Fat	5g	**6%**	10g	**13%**
Saturated Fat	2g	**10%**	4g	**20%**
Trans Fat	0g		0g	
Cholesterol	15mg	**5%**	30mg	**10%**
Sodium	240mg	**10%**	480mg	**21%**
Total Carb.	35g	**13%**	70g	**25%**
Dietary Fiber	6g	**21%**	12g	**43%**
Total Sugars	7g		14g	
Incl. Added Sugars	4g	**8%**	8g	**16%**
Protein	9g		18g	
Vitamin D	5mcg	25%	10mcg	50%
Calcium	200mg	15%	400mg	30%
Iron	1mg	6%	2mg	10%
Potassium	470mg	10%	940mg	20%

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Serving size

Portion size

Carbs

Fiber

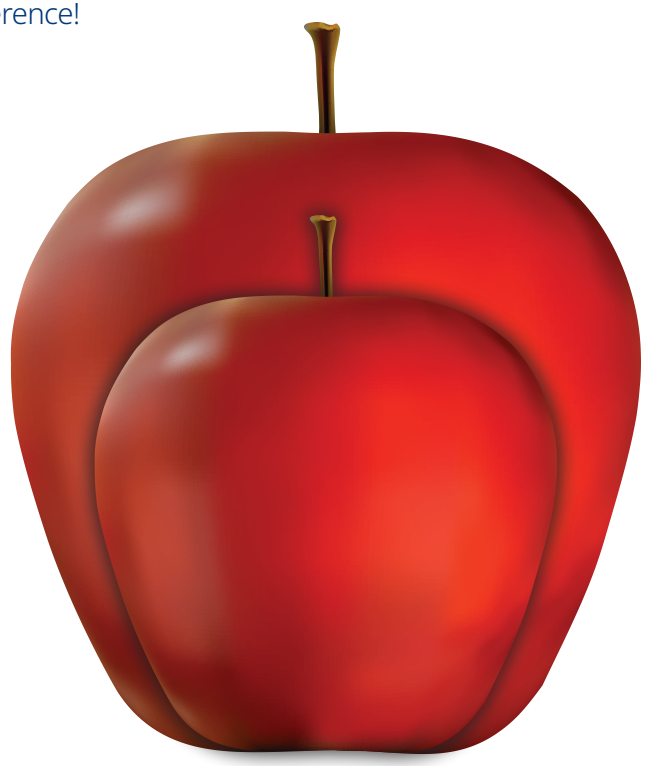
Added sugar

Portion sizes matter!

It's important to eat healthy foods. But eating the right amount of food matters, too. It's even possible to eat too much healthy food!

For example, a small 3-ounce apple (the size of a small fist) has about 15 grams of carbs.

A large apple has about 30 grams of carbs. That's a big difference!



Visit **NovoCare.com** to learn how small changes can add up to a healthier meal plan.

A serving and a portion are not the same. A serving is a set, measured amount of food. A portion is the amount of a food you choose to eat at any one time. A portion may be more or less than 1 serving. You can find serving sizes for packaged foods on the Nutrition Facts label.

To make sure your portion sizes are right, it's a good idea to weigh and measure your foods after they are cooked. Soon you'll be used to seeing and eating portions that are right for you. Over time, you may not need to measure anymore. But it's still helpful to do it every once in a while. Why? Because your portions may have grown without you realizing it.

Use the food look-up tool starting on page 45 of this book to see recommended serving sizes of the foods you choose.

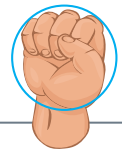
How some of your favorite foods have changed over time:

	20 years ago	Today
Bagel	3 inches across	6 inches across
Muffin	1.5 ounces	4.5 ounces
Soda	6.5 ounces	20 ounces
Pasta	1 cup	2 cups

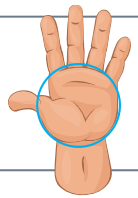
Visit **NovoCare.com** to learn more about food choices and healthy portions.

When you can't measure, estimate!

Knowing how much you eat at each meal can help you meet your blood glucose goals. When you can't weigh or measure, you can estimate portion sizes. Your hand is a helpful tool. Best of all, it's always with you no matter where you are!



Your loose fist = **about 1 cup**
(milk, yogurt, dry cereal, etc.)



Your palm = **about 3 ounces**
of cooked, boneless meat

Your thumb = **about 1 tablespoon**
of peanut butter or salad dressing

The tip of your thumb = **about 1 teaspoon**
of butter or oil

Your open hand = **about 1 slice**
of whole-wheat bread

Your cupped hand = **about ½ cup**
rice, oatmeal, or nuts

Keep in mind that all hands are different sizes. First compare your fist size to a measuring cup, then start estimating!

Sample eating plans

Now that you know a little more about carbs and portion sizes, it's time to start building balanced meals. Your eating plan may have low, medium, or higher amounts of carbs. Talk with your registered dietitian, diabetes care and education specialist, or another member of your diabetes care team about which eating plan is right for you. See the next pages for some examples of medium-carb meals and snacks to help manage your diabetes.

American Diabetes Association®

The ADA recommends these key tips for any eating plan:

- Include nonstarchy vegetables
- Limit added sugars, sweet drinks, and refined grains
- Choose whole foods over processed foods whenever possible

Visit NovoCare.com to learn how to keep making diabetes-friendly food choices that you actually enjoy.

SAMPLE 1: Medium-Carb Eating Plan

Food	Carb grams
Breakfast	
2 slices bread, whole-wheat	28
1 egg, scrambled	0
½ cup blueberries	10
Total meal carbs:	38
Lunch	
Tuna sandwich:	
1 whole-wheat pita pocket, 1 oz	15
6 oz tuna, canned in water	0
1 cup tomatoes and cucumbers, chopped	<5
1 tbsp salad dressing, ranch, fat-free	<5
1 cup peaches, canned, water pack	15
Total meal carbs:	30
Afternoon snack	
1 cup baby carrots	12
¼ cup hummus	9
Total meal carbs:	21
Dinner	
4 oz white fish, such as tilapia, grilled or broiled	0
2 tbsp olive oil	0
½ cup quinoa, cooked	20
1 cup kale, cooked	7
½ cup green peas, frozen, cooked	13
Total meal carbs:	40
Evening snack	
6 oz yogurt, Greek, plain, nonfat	6
½ cup pineapple	11
Total meal carbs:	17
Total daily carbs:	**146**
Total daily calories:	**1,536**

<5 means less than 5 grams of carbs. Foods with less than 5 grams of carbs do not get added to your carb total.

SAMPLE 2: Medium-Carb Eating Plan

Food	Carb grams
Breakfast	
½ cup oats, cooked	14
1 cup cantaloupe, sliced	14
¼ cup walnuts, plain, chopped	<5
Total meal carbs:	28
Mid-morning snack	
Smoothie:	
½ cup coconut milk, unsweetened	6
1 cup strawberries	14
½ cup banana slices	17
½ cup crushed ice	0
Total meal carbs:	37
Lunch	
4 oz chicken breast, boneless, skinless	0
1 large roll, 2 oz, whole wheat	25
1 cup green beans, cooked	7
1 cup cauliflower, cooked	5
1 tbsp olive oil	0
Total meal carbs:	37
Dinner	
Pasta with meat and vegetables:	
1 cup flat noodles, whole wheat, cooked	23
1 cup broccoli, cooked	12
1 cup cabbage, cooked	8
4 oz pork loin, cooked and minced	0
1 tbsp olive oil	0
Total meal carbs:	43
Evening snack	
6 oz yogurt, Greek, plain, nonfat	6
1 small orange (2-5/8" diameter)	16
Total meal carbs:	22
Total daily carbs:	**167**
Total daily calories:	**2,072**

Advanced carb counting

Advanced carb counting is often used by people who take mealtime insulin 2 or more times a day. First you count the number of grams of carbs in a meal. Then you match that to your dose of mealtime insulin. This is known as the insulin-to-carb ratio.

To get started, write down what you eat and drink for a few days and how many grams of carbs you eat each day. Record your blood glucose level before and about 2 to 3 hours after each meal. Doing these things helps you see how your meals affect your blood glucose. Share this information with your diabetes care team.

Example

Meal: Breakfast

What I ate:	**Carbs:**
1 cup cereal	25 grams
1 cup milk	12 grams
½ banana	9 grams
Total carbs:	46 grams

Blood glucose before: 90 mg/dL

Blood glucose 2 hours after: 130 mg/dL

You can find how many grams of carbs foods have by reading food labels. You can also use the food lists starting on page 45 for foods without a label, like fruits and vegetables.

Carbs and blood glucose

Meal:

What I ate: **Carbs:**

Total carbs:

Blood glucose before:

Blood glucose 2 hours after:

You and your diabetes care and education specialist, or another member of your diabetes care team, will plan how many grams of carbs you should eat at meals and snacks. Then, you can choose which foods you would like to eat at those times.

Advanced carb counting may seem hard at first, but it might give you more choices and flexibility when planning your meals.

Visit **NovoCare.com** to download a Blood Glucose Tracker.

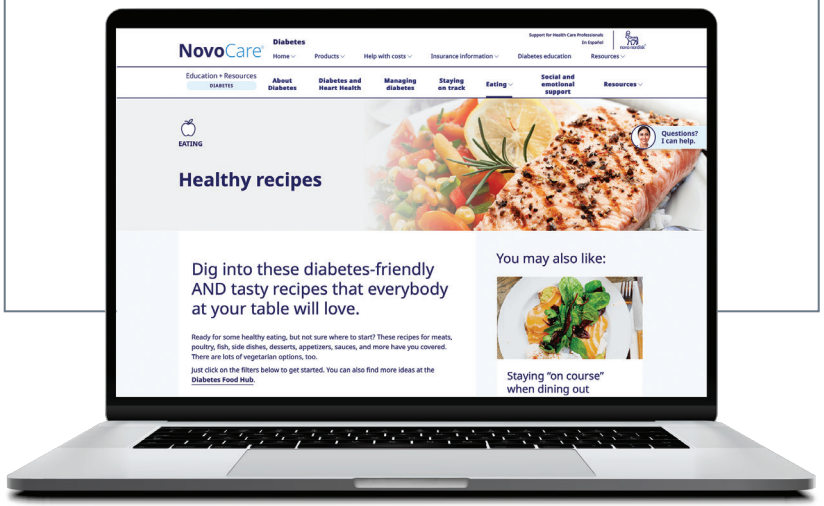
Where healthy meets delicious!

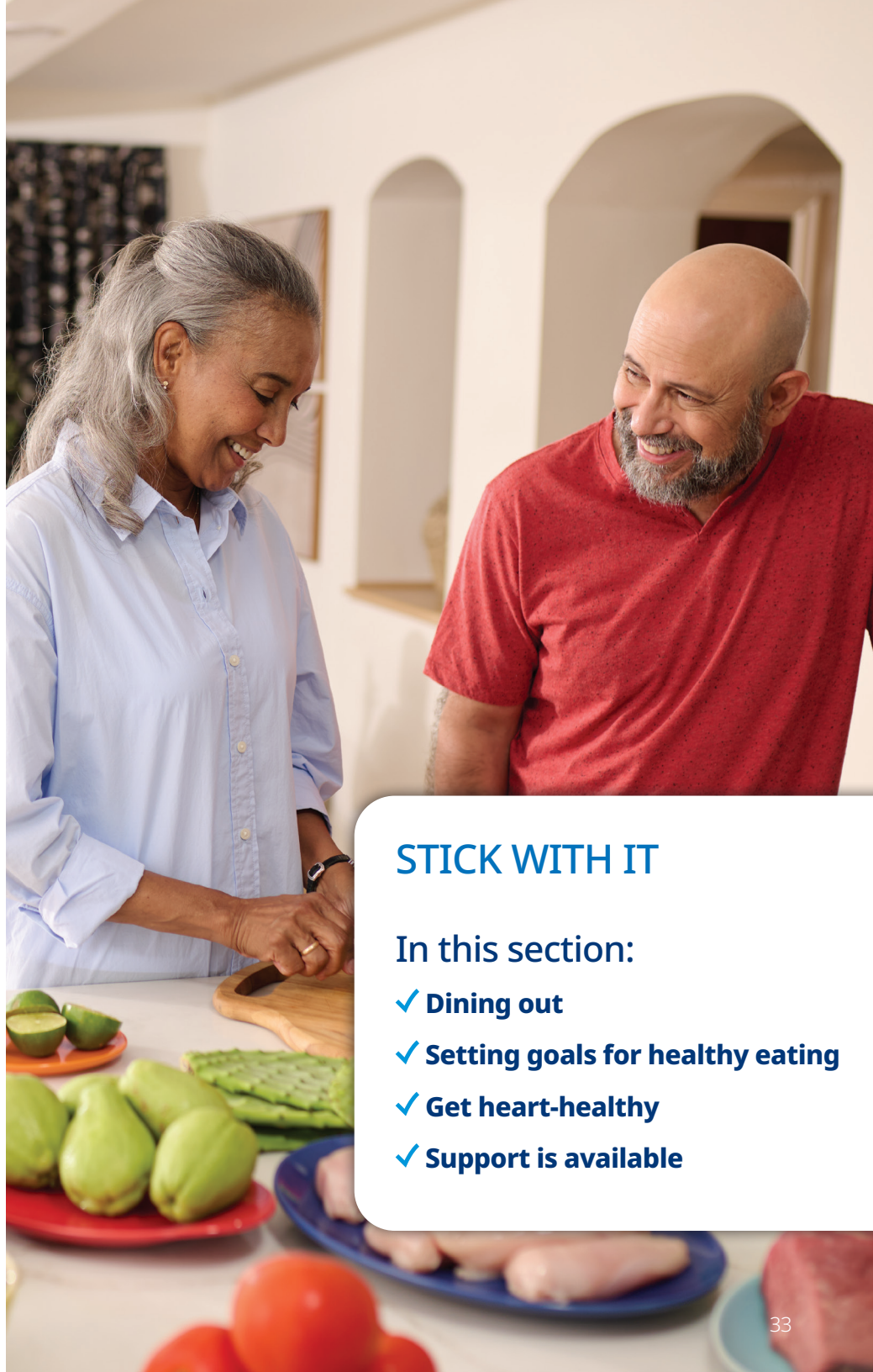
Looking for a new diabetes-friendly recipe that everybody at your table will enjoy?

So many tasty recipes to choose from:

- Lite bites
- Soups and salads
- Side dishes
- Comfort foods
- Main dishes
- Drinks and sweets

Visit **NovoCare.com** and try something new today!





STICK WITH IT

In this section:

- ✓ **Dining out**
- ✓ **Setting goals for healthy eating**
- ✓ **Get heart-healthy**
- ✓ **Support is available**

Dining out

Diabetes doesn't have to stop you from enjoying life's pleasures. And that includes dining out. You can eat in restaurants and still stay on your eating plan. Here are some tips that may help.

Tips when dining out

Stay on schedule
When you eat may be important if you take diabetes medicines. Plan ahead and make reservations. Try to avoid going at restaurants' busiest times so you don't have to wait too long to eat.

Pick your portion
Ask for half or "lunch" size portions if that's the right amount of food for you. Or ask for half of your food in a to-go box before you start to eat.

Ask for what you want
Think about how you want your food cooked. Instead of fried, ask for broiled, roasted, grilled, or steamed. You can also ask for egg whites, whole-grains, and skinless poultry to help you stick with your eating plan.

Add color
When you build a colorful plate, you are adding more fruits and vegetables that make up all the colors of the rainbow. This ensures you are getting a variety of different nutrients in your meal.

Watch what you drink
Sweetened sodas, shakes, and alcohol can add hundreds of calories and fat to your meal. Better choices might be water, unsweetened iced tea, or sparkling water.

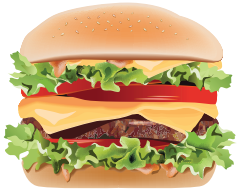
Visit NovoCare.com to learn how to make dining out healthier.

Fast food options

Sometimes, fast food may be your only option. But if you plan ahead, you can make smart choices that fit your eating plan. Many fast-food chains now give nutritional information for all menu items. Check it before you order.

Here are some tips to help you make healthy choices at common types of fast-food restaurants:

Burger chains



- Avoid "double" or "triple" burgers. Try single patties instead
- Add vegetable toppings like lettuce and tomato to help fill you up
- Choose grilled chicken, not crispy fried
- Head to the salad bar, but choose your toppings and dressing wisely
- If you really want the fries, split a small order with someone else
- Mustard is better than ketchup, and both are better than mayonnaise

Pizza

- Order thin-crust pizza and top it with vegetables
- Avoid high-fat meats, such as pepperoni and sausage, and extra cheese
- Add a side salad for a more balanced meal
- Order cauliflower crust, if available

Sandwich shops

- Order a turkey breast, roast beef, or vegetable sandwich on whole-wheat bread or a wrap
- Avoid over-sized sandwiches
- Choose vegetable toppings for your sandwich, like lettuce and tomato or salsa
- Stay away from high-fat sauces, dressings, and mayonnaise

Ask for nutritional information before you order or look online before you go. Use it to help you make healthy food choices, including:

- Choose whole grains
- Minimize salt
- Stick to moderate portion sizes

Visit NovoCare.com for help with sticking to your diabetes eating plan.

Mexican

- Tacos, burritos, and wraps can be added to most eating plans
- Avoid all foods that are supersized, stuffed, or fried
- Try adding lots of vegetables
- Request a whole-wheat wrap when possible
- Use salsa, but go easy on cheese, sour cream, and guacamole

Asian

- Try sushi with brown rice
- Ask to have your chicken, veggies, or fish steamed or stir-fried
- Avoid fried foods and tempura
- Skip sweet and sour foods

Indian

- Order tandoori or kebabs
- Avoid anything fried
- Skip curries with coconut milk or cream
- Choose salads with fresh vegetables

Drinking alcohol

Be sure to talk to your diabetes care team about drinking alcohol with any of the medicines you may take. Then, if your diabetes is managed and your doctor says it's okay, go ahead and enjoy an alcoholic drink with a meal once in a while. But keep in mind that alcohol adds empty calories and can cause your blood glucose level to drop. Don't skip meals or drink on an empty stomach.

If you drink alcohol, choose options with fewer calories and carbohydrates, such as:

- Light beer
- Dry wines
- Mixed drinks made with sugar-free mixers, such as club soda or seltzer

If you choose to drink, follow the guidelines recommended for adults with diabetes or prediabetes:

Women:	**Men:**
1 drink or less per day	2 drinks or less per day

One drink is equal to a 12 oz beer, 5 oz glass of wine, or 1½ oz distilled spirits (vodka, whiskey, and gin).

Visit NovoCare.com to see how your food choices play a part in diabetes management.

Setting goals for healthy eating

Take one step at a time. Trying to change everything about how you eat all at once can make it hard to stick to. Instead, start by setting small, simple goals. You can then try for bigger goals you may want to set for yourself. Fill in a few of your eating goals below.

My goals for healthy eating

Example

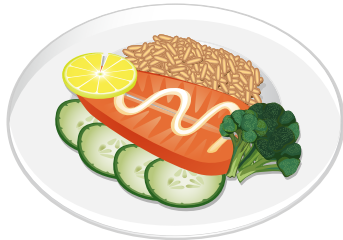
Goal:	I will eat more fiber
How:	I will have brown rice or whole-wheat pasta once a week.

Goal:
How:
Goal:
How:
Goal:
How:

Get heart-healthy

People with diabetes are 2 times more likely to have heart disease or a stroke than people without diabetes. Making small changes to how you cook may help you reduce your risk for heart disease. To help protect your heart and blood vessels try to:

- Make food choices that include healthy fats and limit those with less healthy fats
- Get to and maintain a healthy weight for you
- Cut down on foods that are high in sodium, especially if you have high blood pressure
- Include foods high in omega-3s (like salmon, albacore tuna, and mackerel)
- Choose healthy cooking methods (like broiling, roasting, or grilling)
- Have fresh, homemade foods over packaged (store bought) when possible



Visit **NovoCare.com** learn more about cooking and meal planning with diabetes.

Support is available

Healthy eating is good for everyone, not just for people with diabetes. Eating healthy meals with family and friends benefits all of you. And it supports your goals.

If there is no registered dietitian or nutritionist on your diabetes care team, you can ask your healthcare team to refer you to one. These professionals can help you learn more about healthy eating. And he or she can support you as you work to meet your diabetes and overall health goals.

Support for healthy eating is available in more places than you may think. Many local chain food stores, hospitals, pharmacies, and community centers offer educational classes about healthy eating with diabetes.

Ready for a healthier path with type 2 diabetes?

Visit NovoCare.com. Your one-stop resource for all things diabetes

- Informative articles
- Educational videos
- Ask Sophia! A digital assistant

Scan this code with a smartphone or tablet

Scan me!

PLANNING YOUR MEALS

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Planning your meals

You and your diabetes care team will decide the right type of eating plan for you. Perhaps you will be using the plate method (see page 10). Or you may be counting carbs (see page 9). No matter which plan you follow, the food lists on the next pages of this booklet can help you make good choices.

Food lists

All packaged and canned foods must show a Nutrition Facts label. Be sure to read them. Always check serving sizes. Many foods do not have food labels. But you can find the carbohydrate count of some of them in the lists included here.

✓ Place a check mark in the boxes next to your favorite foods. Use these foods to help you build balanced meals.

Free foods
Look for this symbol

Look for this symbol in the food lists.
These foods are low in carbs and/or high in fiber.
They are good choices to spread out during the day. For people with diabetes, free foods make good choices for snacks or to add flavor.

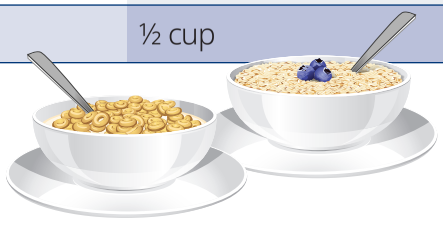
Visit NovoCare.com for healthy recipes you can dig into and your family will love.

Starch

Starchy foods, such as bread, pasta, rice and cereal, provide carbohydrate, the body's energy source. Choose starchy foods that are whole grain and high in fiber for overall good nutrition.

✓	Food	Serving Size	Calories	Carbs (g)	Fiber (g)	Protein (g)
	Bread					
☐	Bagel, plain (includes onion, poppy, sesame)	¼ medium (1 oz)	72	14	1	3
☐	Bread, naan, plain	1 piece (approx 3 oz)	262	45	2	9
☐	Bread, pita, white	1 small (4 inch diameter; 1 oz)	77	16	1	3
☐	Bread, white	1 slice (1 oz)	77	14	1	3
☐	Bread, whole-wheat	1 slice (1 oz)	81	14	2	4
☐	Corn bread prepared with 2% milk	1 piece (approx 2 oz)	198	33	1	4
☐	English muffin	1 muffin	127	26	3	5
☐	Hot dog or hamburger roll, plain	½ roll (approx 1 oz)	67	11	0	2

✓	Food	Serving Size	Calories	Carbs (g)	Fiber (g)	Protein (g)
☐	Pancake, plain, prepared	1 pancake (4 inches; approx 1 oz)	74	14	1	2
☐	Taco shell, baked	2 taco shells (5 inches; 1 oz)	127	17	2	2
☐	Tortilla, corn	1 tortilla (approx 1 oz)	52	11	2	1
☐	Roll, plain	1 small roll (1 oz)	78	13	1	3
	Cereals					
☐	Bran flakes	1 cup	130	34	7	4
☐	Granola cereal	¼ cup	149	16	3	5
☐	Grits, cooked	½ cup	91	19	1	2
☐	Oatmeal, cooked, quick and regular	½ cup	83	14	2	3
☐	Raisin bran	½ cup	95	23	4	2
☐	Shredded wheat	½ cup	86	20	3	3



STARCH

✓	Food	Serving Size	Calories	Carbs (g)	Fiber (g)	Protein (g)
	Grains (including pasta and rice)					
☐	Barley, cooked	1/3 cup	64	15	2	1
☐	Bran, oat, dry	¼ cup	58	16	4	4
☐	Bran, wheat, dry	½ cup	63	19	12	5
☐	Buckwheat, roasted, cooked	½ cup	77	17	2	3
☐	Couscous, cooked	1/3 cup	59	12	1	2
☐	Millet, cooked	1/3 cup	69	14	1	2
☐	Noodles, egg, cooked	1/3 cup	74	13	1	2
☐	Pasta: macaroni, spaghetti, cooked	1/3 cup	74	14	1	3
☐	Quinoa, cooked	1/3 cup	74	13	2	3
☐	Rice, brown, cooked	1/3 cup	73	15	1	2
☐	Rice, white, cooked	1/3 cup	81	18	0	1
☐	Wild rice, cooked	½ cup	83	18	2	3

✓	Food	Serving Size	Calories	Carbs (g)	Fiber (g)	Protein (g)
	Crackers and Snacks					
☐	Crackers, crispbread, rye	2 pieces (approx ¾ oz)	73	16	3	2
☐	Crackers, oyster	20 crackers	84	15	1	2
☐	Crackers, saltine-type	6 crackers	75	13	1	2
☐	Matzoh, plain	¾ oz	84	18	1	2
☐	Popcorn, air-popped, white	3 cups	92	19	4	3
☐	Rice cakes, brown rice, plain	2 cakes	70	15	1	1
☐	Tortilla chips, plain	1 oz	134	19	2	2
	Beans, Peas, and Lentils					
☐	Baked beans, canned, vegetarian	1/3 cup	80	18	4	4
☐	Beans, black, cooked	½ cup	114	20	8	8
☐	Beans, garbanzo, cooked	½ cup	134	22	6	7
☐	Beans, pinto, cooked	½ cup	122	22	8	8
☐	Lentils, cooked	½ cup	115	20	8	9
☐	Refried beans, canned, vegetarian	½ cup	100	16	6	6

Fruit

Fruit contains carbohydrate, so you need to count it as part of your eating plan. Fresh fruit or fruit salad is a perfect choice for a healthy sweet dessert. Fruit is full of vitamins, minerals, and fiber just like vegetables.

✓	Food	Serving Size	Calories	Carbs (g)	Fiber (g)	Protein (g)
	Fruit (Fresh)					
☐	Apple, unpeeled, small	1 small (approx 5 oz)	77	21	4	0
☐	Banana	1 extra small, less than 6 inches long (approx 3 oz)	72	19	2	1
☐	Blackberries	¾ cup (approx 4 oz)	46	10	6	2
☐	Blueberries	¾ cup (approx 4 oz)	63	16	3	1
☐	Cantaloupe	1 cup diced (5½ oz)	53	13	1	1
☐	Cherries, sweet, fresh	12 (3½ oz)	62	16	2	1
☐	Clementine	1 fruit	35	9	1	1
☐	Figs, fresh	2 medium (3½ oz)	74	19	3	1
☐	Grapes, red or green	17 small (approx 3 oz)	57	15	0	1
☐	Grapefruit, fresh	½ large (approx 6 oz)	53	13	2	1

✓	Food	Serving Size	Calories	Carbs (g)	Fiber (g)	Protein (g)
☐	Guava	2 fruit (approx 4 oz)	75	16	6	3
☐	Honeydew melon	1 cup diced (6 oz)	61	15	1	1
☐	Kiwi fruit	½ cup, sliced	55	13	3	1
☐	Mango	½ cup (approx 3 oz)	50	12	1	1
☐	Orange	1 large (6½ oz)	86	22	4	2
☐	Papaya	1 cup (approx 5 oz)	62	16	3	1
☐	Peach, fresh	1 medium (approx 5 oz)	58	14	2	1
☐	Pear, fresh	½ large (4 oz)	66	18	4	0
☐	Pineapple, fresh	¾ cup	62	16	2	1
☐	Plantain, raw	½ cup (2½ oz)	90	24	2	1
☐	Plums, fresh	2 small (approx 5 oz)	61	15	2	1
☐	Pomegranate seeds (arils)	½ cup	72	16	4	1
☐	Raspberries	1 cup (4 oz)	64	15	8	1
☐	Strawberries	1¼ cups whole berries (6 oz)	58	14	4	1
☐	Tangerine	1 large (4 oz)	64	16	2	1
☐	Watermelon	1¼ cups diced (7 oz)	57	14	1	1

FRUIT

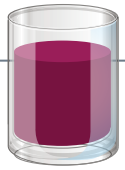
✓	Food	Serving Size	Calories	Carbs (g)	Fiber (g)	Protein (g)
	Fruit Juice					
☐	Apple juice, unsweetened	½ cup	57	14	0	0
☐	Cranberry juice cocktail, bottled	½ cup	68	17	0	0
☐	Orange juice	½ cup	56	13	0	1
☐	Vegetable and fruit juice blends, 100% juice	1 cup	113	27	0	1

Many fruits are high in fiber, especially those with the skin or pulp. Fruits can also satisfy a sweet tooth without having candy and other desserts.

✓ Choose fresh or frozen fruits

✗ Avoid processed fruits in a can or jar

✗ Avoid fruit juices with added sugar



Milk and Yogurts

Including low-fat dairy products in your eating plan is a great way to get calcium and high-quality protein.

✓	Food	Serving Size	Calories	Carbs (g)	Fiber (g)	Protein (g)
	Dairy - Milk					
☐	Milk, low-fat (1%)	1 cup	105	12	0	9
☐	Milk, reduced-fat (2%)	1 cup	125	12	0	9
☐	Milk, whole	1 cup	149	12	0	8
	Dairy - Yogurt					
☐	Yogurt, Greek, plain, nonfat	6 oz	100	6	0	17
☐	Yogurt, plain, low-fat	8 oz	143	16	0	12
	Non-dairy					
☐	Almond milk	1 cup	60	8	1	1
☐	Coconut milk	¼ cup	138	3	1	1
☐	Oat milk	1 cup	60	5	0	1
☐	Soy milk, plain	1 cup	100	8	1	7

Vegetables

For good health, try to eat at least 3 to 5 servings of non-starchy vegetables a day. More is better!

A serving of vegetables is:
- ½ cup of cooked vegetables
- 1 cup of raw vegetables

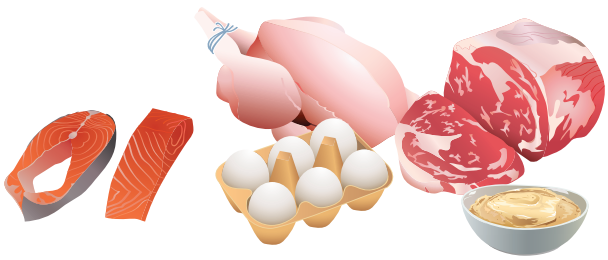
✓	Food	Serving Size	Calories	Carbs (g)	Fiber (g)	Protein (g)
	Starchy Vegetables					
☐	Corn, cooked	½ cup	72	16	2	3
☐	Corn, sweet, yellow, frozen, kernels on cob, unprepared	1 ear	122	30	4	4
☐	Peas, green, cooked	½ cup	67	13	4	4
☐	Plantain, cooked	1/3 cup	60	16	1	0
☐	Potato, baked with skin	1 small (approx 5 oz)	128	29	3	3
☐	Potato, boiled, all kinds	½ cup (approx 3 oz)	68	16	1	1
☐	Potato, mashed, with milk and butter	½ cup (approx 4 oz)	119	18	2	2
☐	Squash, winter, all varieties, baked	1 cup	76	18	6	2
☐	Sweet potato, plain	½ cup (3½ oz)	90	21	3	2
☐	Yam, cooked	½ cup (2½ oz)	79	19	3	1
	Nonstarchy Vegetables					
☐	Asparagus, cooked	½ cup	20	4	2	2
☐	Beans, green or yellow, raw	1 cup	31	7	3	2
☐	Beets, cooked	½ cup	37	8	2	1
☐	Bitter gourd, cooked	1 cup	24	5	3	1
☐	Broccoli, cooked, chopped	½ cup	27	6	3	2
☐	Brussels sprouts, cooked	½ cup	28	6	2	2
☐	Cabbage, cooked, shredded	½ cup	17	4	1	1
☐	Carrots, slices, cooked	½ cup	27	6	2	1
☐	Cauliflower, cooked, chopped	½ cup	14	3	1	1
☐	Celery, cooked	1 cup	27	6	2	1
☐	Collard greens, cooked	1 cup	63	11	8	5
☐	Cucumber, slices, raw	½ cup	8	2	0	0

VEGETABLES

✓	Food	Serving Size	Calories	Carbs (g)	Fiber (g)	Protein (g)
	Non-starchy Vegetables (continued)					
☐	Eggplant, cooked	1 cup	35	9	3	1
☐	Kale, cooked	1 cup	36	7	3	2
☐	Lettuce, green leaf	1 cup shredded	5	1	1	0
☐	Mushrooms, stir-fried	½ cup pieces	14	2	1	2
☐	Okra, cooked	½ cup	18	4	2	2
☐	Onions, cooked, chopped	½ cup	46	11	2	1
☐	Pea pods, cooked	1 cup	67	11	5	5
☐	Peppers (green and red varieties), cooked	1 cup	38	9	2	1
☐	Spaghetti squash	1 cup	31	7	2	1
☐	Spinach, cooked	1 cup	41	7	4	5
☐	Squash, summer, all varieties, raw	½ cup	9	2	1	1
☐	Swiss chard, cooked	½ cup	18	4	2	2
☐	Tomato, ripe, chopped	1 cup	32	7	2	2
☐	Turnips, cooked	½ cup	17	4	2	1

Protein

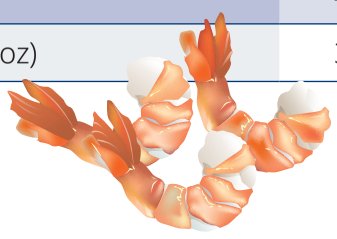
Choose poultry without the skin for less saturated fat and cholesterol. Choose round and loin cuts of beef and pork.



✓	Food	Serving Size	Calories	Carbs (g)	Fiber (g)	Protein (g)
	Lean (Approximately 0-4 grams of fat per serving)					
☐	Beef, ground, 90% lean meat/ 10% fat, cooked, pan-browned	1 oz	65	0	0	8
☐	Beef, liver, raw	1 oz	38	1	0	6
☐	Buffalo, cooked, roasted	1 oz	37	0	0	8
☐	Cheese, nonfat or fat-free	About 1 oz	24	2	0	4
☐	Chicken, liver, raw	1½ oz	52	0	0	7
☐	Chicken, roasted	¼ cup	66	0	0	10
☐	Chicken, ground, cooked, pan-browned	1 oz	54	0	0	7
☐	Clams, raw	1 oz	24	1	0	4
☐	Cod, raw	1 oz	23	0	0	5

✓	Food	Serving Size	Calories	Carbs (g)	Fiber (g)	Protein (g)
	Lean Protein (continued)					
☐	Cornish hen, cooked	1 oz	38	0	0	7
☐	Crab, raw	1 oz	24	0	0	5
☐	Domestic duck, cooked	¼ cup (1 oz)	70	0	0	8
☐	Egg whites	2	34	0	0	7
☐	Fish, whiting, cooked	1 oz	33	0	0	7
☐	Lamb, kidneys, raw	1 oz	27	0	0	4
☐	Lobster, raw	1 oz	22	0	0	5
☐	Oysters, fresh	6 medium	43	2	0	5
☐	Pork, Canadian bacon, uncooked	1 oz	31	0	0	6
☐	Pork, cured, lean, ham	1 oz	45	1	0	5
☐	Pork, loin, cooked	1 oz	42	0	0	7
☐	Processed sandwich meats with 3 grams of fat or less per oz: turkey ham, sliced, extra lean	About 1 oz (¼ cup pieces)	43	1	0	7

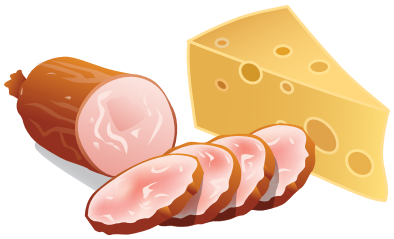
✓	Food	Serving Size	Calories	Carbs (g)	Fiber (g)	Protein (g)
☐	Rabbit, cooked	1 oz	56	0	0	8
☐	Ricotta with part-skim milk	¼ cup (approx 2 oz)	86	3	0	7
☐	Roast beef, deli style	1 slice (½ oz)	16	0	0	3
☐	Shrimp, raw	1 oz	20	0	0	4
☐	Smoked salmon (lox)	1 oz	33	0	0	5
☐	Tilapia, raw	1 oz	28	0	0	6
☐	Trout, raw	1 oz	42	0	0	6
☐	Turkey, ground, cooked, pan-browned	1 oz	43	0	0	9
☐	Turkey, pork, and beef sausage, low-fat	1 oz	29	3	0	2
☐	Veal cutlet, boneless	1 oz	30	0	0	6
☐	Venison, deer, lean, cooked	1 oz	40	0	0	8
☐	Wieners (beef franks, fat-free)	1 (1¾ oz)	39	3	0	7



PROTEIN

✓	Food	Serving Size	Calories	Carbs (g)	Fiber (g)	Protein (g)
	Medium Fat (Approximately 4-6 grams of fat per serving)					
☐	Bacon, turkey	3 slides (1 oz each before cooking)	66	1	0	5
☐	Beef, ground, 85% lean/ 15% fat, cooked	1 oz	71	0	0	7
☐	Beef, tongue	1 oz	69	0	0	5
☐	Chicken with skin	1 oz	84	0	0	10
☐	Corned beef	1 oz	71	0	0	8
☐	Egg	1 large	72	0	0	6
☐	Fish fillet, battered or breaded, and fried	About 1 oz	53	4	0	3
☐	Lamb: chop, leg, or roast, cooked	1 oz	67	0	0	7
☐	Lamb, ground, cooked, broiled	1 oz	80	0	0	7
☐	Pork, ground	1 oz	84	0	0	7
☐	Salmon, Atlantic, cooked	1 oz	58	0	0	6
☐	Turkey, with skin, cooked	1 oz	85	0	0	9

✓	Food	Serving Size	Calories	Carbs (g)	Fiber (g)	Protein (g)
	High Fat (Approximately 7 or more grams of fat per serving)					
☐	Bacon, pork	2 slices (1 oz each before cooking)	234	1	0	7
☐	Cheese, regular, cheddar	1 oz	115	0	0	7
☐	Cheese, regular, Swiss	1 oz	108	2	0	8
☐	Pork: spareribs, lean, cooked	1 oz	112	0	0	8
☐	Processed sandwich meats with 8 grams of fat or more per oz: hard salami	1 oz	119	0	0	6
☐	Sausage with 8 grams fat or more per oz: chorizo, pork and beef	1 oz	129	1	0	7



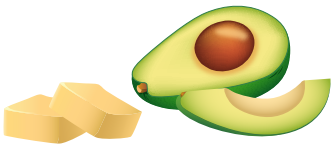
✓	Food	Serving Size	Calories	Carbs (g)	Fiber (g)	Protein (g)
	Plant-Based Proteins					
☐	Beans: black, cooked or canned, drained and rinsed	½ cup	114	20	8	8
☐	Beans: garbanzo, cooked or canned, drained and rinsed	½ cup	134	22	6	7
☐	Beans: kidney, cooked or canned, drained and rinsed	½ cup	108	19	6	7
☐	Beans: navy, cooked or canned, drained and rinsed	½ cup	127	24	10	7
☐	Edamame, frozen	½ cup	65	5	3	6
☐	Falafel	3 patties (about 2¼ inches across)	170	16	2	7
☐	Hummus	1/3 cup	136	12	5	6
☐	Lentils, cooked	½ cup	115	20	8	9
☐	Meatless bacon	2 strips (approx ½ oz)	31	1	0	1
☐	Meatless burger, vegan	1 patty (about 2½ oz)	94	6	4	12
☐	Meatless chicken	1/3 cup	125	2	2	13

✓	Food	Serving Size	Calories	Carbs (g)	Fiber (g)	Protein (g)
☐	Meatless frankfurter	1 (2½ oz)	163	5	3	14
☐	Meatless luncheon slices	1 slice (½ oz)	26	1	0	2
☐	Meatless sausage	1 link (1 oz)	72	3	1	5
☐	Split peas cooked	½ cup	116	21	8	8
☐	Tofu, firm	1 slice	52	2	0	6

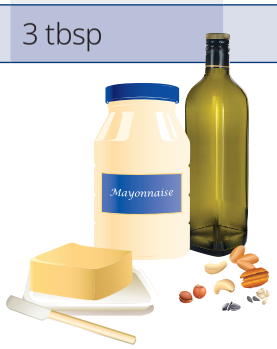
Plant-based protein foods provide quality protein, healthy fats, and fiber. They vary in how much fat and carbohydrate they contain, so make sure to read labels.

Fats

To lower your risk for heart disease, try to eat less saturated and trans fat — the unhealthy fats. Less than 10% of your total daily calories should come from saturated fat.



✓	Food	Serving Size	Total fats (g)	Calories	Carbs (g)	Fiber (g)	Protein (g)
	Unsaturated Fats						
☐	Almonds	6	4	42	2	1	2
☐	Avocado, fresh	1 (approx 5 oz)	21	227	12	9	3
☐	Flaxseeds, ground	1½ tbsp	4	56	3	3	2
☐	Mayonnaise, regular	1 tbsp	12	103	0	0	0
☐	Mayonnaise-style salad dressing, regular	1 tbsp	10	94	0	0	0
☐	Nut butters (trans fat-free): almond butter, cashew butter, peanut butter	1 tbsp	8	97	5	1	2
☐	Oil: canola, corn, cottonseed, grape seed, olive, peanut, safflower, soybean, sunflower	1 tsp	5	40	0	0	0
☐	Olives, green, pickled	10	4	39	1	1	0
☐	Pecans	¼ oz	5	49	1	1	1
☐	Walnuts, English	½ oz	9	93	2	1	2
	Saturated Fats						
☐	Butter, light, stick	1 tsp	3	23	0	0	0
☐	Cream, half and half	2 tbsp	3	39	1	0	1
☐	Cream cheese, fat-free	1½ tbsp (1 oz)	0	28	2	0	4
☐	Oil: coconut, palm	1 tsp	5	39	0	0	0
☐	Shortening, lard and vegetable oil	1 tsp	4	38	0	0	0
☐	Sour cream, reduced-fat	3 tbsp	5	65	3	0	3



FATS

Combination foods

Prepare foods that aren't breaded or fried. The breading adds to your carb count and your calorie count.

✓	Food	Serving Size	Calories	Carbs (g)	Fiber (g)	Protein (g)
	Entrees					
☐	Beef stew, canned	7 oz	194	15	2	9
☐	Chili with meat and beans	About 5 oz	214	6	2	17
☐	Lasagna with meat	8 oz	423	26	3	25
☐	Mac and cheese with cheese sauce	7 oz	310	44	2	13
☐	Spaghetti with meatballs	About 5 oz	228	21	2	11
	Salads (Deli-Style)					
☐	Coleslaw	½ cup	146	14	2	1
☐	Potato salad	½ cup	179	14	2	3
☐	Tuna salad	½ cup (3½ oz)	192	10	0	16

✓	Food	Serving Size	Calories	Carbs (g)	Fiber (g)	Protein (g)
	Soups					
☐	Chicken noodle soup	1 cup (about 8 oz)	100	9	2	8
☐	Clam chowder (made with low-fat milk)	1 cup (about 8½ oz)	154	19	1	8
☐	Egg drop soup	1 cup (about 8½ oz)	65	10	1	3
☐	Split pea soup	1 cup (about 9 oz)	180	30	5	10
☐	Tomato soup (made with water)	1 cup (about 8½ oz)	74	16	2	2

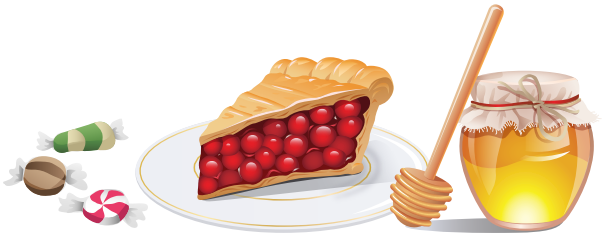
Many foods are a mix of starch and protein, stacked up or mixed together. You can still fit combination foods into the plate method eating plan:

- For lasagna, simply fill half of your plate with the combo of meat and starch. Then fill the other half of your plate with non-starchy vegetables

- For soup or chili, add plenty of non-starchy vegetables. Try to keep the portions similar to that of a plate

Sweets and desserts

It is important to remember that most sweets have a lot of calories and carbs in a small portion. Be sure to be mindful of the serving size.



✓	Food	Serving Size	Calories	Carbs (g)	Fiber (g)	Protein (g)
	Desserts					
☐	Brownies	About 1 oz	115	18	1	1
☐	Cake, unfrosted	1 piece (2½ oz)	264	42	1	4
☐	Cookies, chocolate chip	2 cookies (2¼ inches across)	118	16	0	1
☐	Cupcake, chocolate, with frosting, low fat	1 cupcake	131	30	0	2
☐	Large cookie, raisin, soft	1 cookie	60	10	0	1
☐	Frozen pops, sugar free	1 (1¾ fl oz)	12	3	0	0
☐	Ice cream, fat-free	½ cup	92	20	1	3
☐	Ice cream, no sugar added	½ cup	115	15	0	3
☐	Pie, blueberry, commercially prepared	1 piece (1/6 of 8-inch pie)	271	41	1	2

✓	Food	Serving Size	Calories	Carbs (g)	Fiber (g)	Protein (g)
☐	Pie, pecan, commercially prepared	1 slice	541	79	3	6
☐	Pie, pumpkin, commercially prepared	1 slice	323	46	2	5
☐	Sandwich cookies with cream filling	2 small (about 1 oz)	111	17	1	1
☐	Yogurt, frozen, nonfat	1/3 cup	47	9	1	2
	Candy and Toppings					
☐	Agave, syrup	1 tbsp	64	16	0	0
☐	Candy, chocolate, dark or milk type	1 oz	156	17	2	1
☐	Honey	1 tbsp	64	17	0	0
☐	Jam and preserves	1 tbsp	56	14	0	0
☐	Maple syrup	2 tbsp	104	27	0	0
☐	Sugar	1 tsp	16	4	0	0
☐	Syrup, chocolate	2 tbsp	109	25	1	1
☐	Syrup, reduced-calorie (pancake type)	2 tbsp	50	13	0	0

SWEETS AND DESSERTS

Condiments and sauces

Ask for sauces, gravy, and salad dressing on the side. First dip your fork in the sauce, then into your food.

✓	Food	Serving Size	Calories	Carbs (g)	Fiber (g)	Protein (g)
	Condiments, Dressings, and Sauces					
☐	Balsamic vinegar	1 tbsp	14	3	0	0
☐	Barbecue sauce	3 tbsp	88	21	1	0
☐	Ketchup	1 tbsp	17	5	0	0
☐	Marinara, pasta, or spaghetti sauce	½ cup	66	10	2	2
☐	Mustard	1 tsp	3	0	0	0
☐	Salad dressing, Caesar, fat-free	1 tbsp	22	5	0	0
☐	Salad dressing, Italian, fat-free	1 tbsp	7	1	0	0
☐	Salad dressing, ranch, fat-free	1 tbsp	17	4	0	0
☐	Salsa	2 tbsp	10	2	1	1
☐	Soy sauce	1 tbsp	11	1	0	2
☐	Sweet and sour sauce	3 tbsp	79	20	0	0
☐	Teriyaki sauce	1 tbsp	16	3	0	1

Fast foods

Plan ahead! Most fast-food and chain restaurants have websites that list nutritional information on menu items. You can also ask for this information when you arrive, before you order.

✓	Food	Serving Size	Calories	Carbs (g)	Fiber (g)	Protein (g)
	Main Dishes/Entrees					
☐	Burrito, beef and bean	1 (5 oz)	332	43	6	10
☐	Chicken breast or wing, breaded and fried	1 piece (about 3 oz)	247	10	0	18
☐	Chicken drumstick, breaded and fried	1 (about 3 oz)	200	6	0	16
☐	Chicken nuggets, frozen	6 pieces (about 4 oz)	281	18	1	13
☐	Chicken parmesan without pasta	About 5 oz	307	16	1	24
☐	Chicken thigh, breaded and fried	2 pieces (about 5 oz)	431	16	0	30
☐	Hush puppies	1 piece (about 1 oz)	65	9	1	1
☐	Tortellini, pasta with cheese filling	¾ cup (about 3 oz)	249	38	2	11

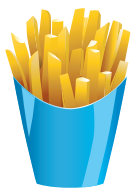
✓	Food	Serving Size	Calories	Carbs (g)	Fiber (g)	Protein (g)
	Pizza					
☐	Pizza, cheese, regular crust	1/8 of a 14-inch pizza (about 4 oz)	284	36	3	12
☐	Pizza, cheese, thin crust	1/8 of a 14-inch pizza (about 3 oz)	223	23	2	9
	Asian					
☐	Eggroll	1 (about 3 oz)	222	24	2	7
☐	Fortune cookies	1 cookie	30	7	0	0
☐	Fried rice, meatless	1 cup (about 5 oz)	238	45	2	6
☐	Hot-and-sour soup	1 cup (about 8 oz)	91	10	1	6
☐	Noodles, flat, crunchy	1 cup (about 1½ oz)	234	23	1	5
☐	Sweet and sour chicken	6 oz	441	42	2	18
☐	Vegetable lo mein	1 cup (about 5 oz)	165	27	2	6

✓	Food	Serving Size	Calories	Carbs (g)	Fiber (g)	Protein (g)
	Mexican					
☐	Burrito with beans and cheese	1 burrito (about 6½ oz)	379	58	8	14
☐	Chicken and rice	1 cup (5 oz)	245	28	2	17
☐	Empanadas	1 piece (about 3 oz)	298	28	2	10
☐	Nachos with cheese	1 serving (about 3 oz)	274	28	3	3
☐	Quesadilla, cheese only	1 quesadilla, 5-6 inch diameter (about 3 oz)	342	22	2	15
☐	Rice and black beans	1 cup (5 oz)	220	36	5	7
☐	Taco, hard shell, with beef, cheese, and lettuce	1 small taco (about 2½ oz)	156	14	3	6
☐	Taco salad	1 salad (3½ oz)	170	15	3	7

Tips you can use when ordering fast food:

- Choose whole grains when possible
- Create a meal that has a variety of food groups
- Choose menu items that include non-starchy vegetables
- Don't add any extra salt
- Don't order the large size

✓	Food	Serving Size	Calories	Carbs (g)	Fiber (g)	Protein (g)
	Sandwiches					
☐	Biscuit with egg, cheese, and bacon	1 sandwich (about 5 oz)	436	35	0	17
☐	Cheeseburger, single, regular, with condiments	1 burger (about 4½ oz)	343	32	2	17
☐	Crispy chicken fillet sandwich, with lettuce and mayo	1 sandwich (about 5½ oz)	420	42	2	17
☐	English muffin with egg, cheese, and sausage	1 sandwich (about 6 oz)	472	29	0	22
☐	Fish sandwich with tartar sauce and cheese	1 sandwich (about 5 oz)	374	35	1	15
☐	Grilled chicken fillet sandwich with lettuce, tomatoes, and spread	1 sandwich (about 8 oz)	419	39	2	40
☐	Hamburger, regular, with condiments	1 burger (about 3 oz)	255	29	2	13
☐	Hot dog plain with bun	1 hot dog (about 3½ oz)	242	18	0	10
☐	Submarine sandwich, cold cut on white bread with lettuce and tomato	1 (6-inch sub; 7 oz)	417	40	2	21

✓	Food	Serving Size	Calories	Carbs (g)	Fiber (g)	Protein (g)
	Sides/Appetizers					
☐	French fries 	1 small order (about 2½ oz)	229	30	3	2
		1 medium order (about 4 oz)	378	50	5	4
		1 large order (about 5½ oz)	497	66	6	5
☐	Fish sticks	1 stick (1 oz)	78	6	0	3
☐	Hash browns	1 cup (about 5½ oz)	413	55	5	5
☐	Onion rings, breaded and fried	18 rings (about 4 oz)	481	51	3	5
	Beverages and Desserts					
☐	Hot fudge sundae	1 (about 6 oz)	333	54	1	7
☐	Milk shake, thick chocolate	1 shake (about 10½ oz)	357	63	1	9
☐	Soft-serve ice cream with cone, vanilla	1 (about 4 oz)	196	32	0	5

FAST FOODS

Alcohol

Alcohol lowers your blood glucose level. It is important to eat if you are going to have alcohol. Don't skip meals or drink on an empty stomach.

✓	Food	Serving Size	Calories	Carbs (g)	Fiber (g)	Protein (g)
	Beverage					
☐	Beer, light	12 fl oz	103	6	0	1
☐	Beer, regular	12 fl oz	153	13	0	2
☐	Daiquiri	4½ fl oz	253	9	0	0
☐	Distilled spirits (80 proof): vodka, rum, gin, whiskey	1½ fl oz	97	0	0	0
☐	Dry, red or white wine	5 fl oz	125	4	0	0
☐	Liqueur, coffee (53 proof)	1½ fl oz	175	24	0	0
☐	Margarita	3 fl oz	153	7	0	0
☐	Piña colada	4½ fl oz	246	32	0	1
☐	Sake	4 fl oz	156	6	0	1
☐	Wine, dessert, sweet	3½ fl oz	165	14	0	0

My food list

Use the space below to write down some of your own favorite foods. Read the nutrition facts label to get the information you need to follow your eating plan.

✓	Food	Serving Size	Calories	Carbs (g)	Fiber (g)	Protein (g)
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Novo Nordisk is dedicated to diabetes

Diabetes is our passion and our business

As a leader in diabetes, Novo Nordisk is dedicated to improving diabetes care worldwide. Since 1923, we have been focused on innovation and leadership in diabetes care.

The Novo Nordisk Patient Assistance Program (PAP) is our continued commitment to people living with diabetes. If you are having trouble affording your Novo Nordisk medicine, you may qualify for help. Call Novo Nordisk PAP toll-free at 1-866-310-7549 Monday to Friday from 8:00 AM to 8:00 PM EST to see if you qualify.

For questions about Novo Nordisk products or to request a Blood Glucose Tracker, call the Customer Care Center at 1-800-727-6500 (option 8 for Spanish) from 8:30 AM to 6:00 PM EST.

Notes

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If you have questions or would like assistance with any of our resources, call 1-800-727-6500 (option 8 for Spanish), Monday to Friday, from 8:30 AM to 6:00 PM EST.

Visit NovoCare.com or scan this code with a smartphone or tablet

Scan me!

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