2000 Calorie Diabetic Diet

The 2000 calorie diabetic diet is designed for eating up to 2000 calories each day. Following this diet and making healthy meal choices can help improve overall health. It controls blood sugar levels. It can also lower blood pressure and cholesterol.

SERVING SIZES

Measuring foods and serving sizes helps to make sure you are getting the right amount of food. The list below tells how big or small some common serving sizes are.

- 1 ounce (oz).....4 stacked dice.
- 3 oz.....Deck of cards.
- 1 teaspoon (tsp).....Tip of little finger.
- 1 tablespoon (Tbsp).....Thumb.
- 2 Tbsp.....Golf ball.
- 1/2 cup.....Half of a fist.
- 1 cup.....A fist.

GUIDELINES FOR CHOOSING FOODS

The goal of this diet is to eat a variety of foods and limit calories to 2000 each day. This can be done by choosing foods that are low in calories and fat. The diet also suggests eating small amounts of food often. Doing this helps control your blood sugar levels so they do not get too high or too low. Each meal or snack should contain a protein food source to help you feel more satisfied and to stabilize your blood sugar. Try to eat about the same amount of food around the same time each day. This includes weekend days, travel days, and days off work. Space your meals about 4 to 5 hours apart and add a snack between them if you wish.

For example, a daily food plan could include breakfast, a morning snack, lunch, dinner, and an evening snack. Healthy meals and snacks include whole grains, vegetables, fruits, lean meats, poultry, fish, and dairy products. As you plan your meals, choose a variety of foods. Choose from the bread and starches, vegetables, fruit, dairy, and meat/protein groups. Examples of foods from each group are listed below with their suggested serving sizes. Use measuring cups and spoons to become familiar with what a healthy portion looks like.

Bread and Starches

Each serving equals 15 grams of carbohydrates

1 slice bread
1/4 bagel
3/4 cup or 1 cup cold cereal (unsweetened)
1/2 cup hot cereal or mashed potatoes
1 small potato (size of a computer mouse)
1/3 cup cooked pasta or rice
1/2 English muffin
1 cup broth-based soup
3 cups popcorn
4 to 6 whole-wheat crackers
1/2 cup cooked beans, peas, or corn

Vegetables

Each serving equals 5 grams of carbohydrates

1/2 cup cooked vegetables
1 cup raw vegetables
1/2 cup tomato juice

Fruit

Each serving equals 15 grams of carbohydrates

1 small apple, banana, or orange
1 1/4 cup watermelon or strawberries
1/2 cup applesauce (no sugar added)
2 Tbsp raisins
1/2 banana
1/2 cup unsweetened canned fruit
1/2 cup unsweetened fruit juice

Dairy

Each serving equals 12 to 15 grams of carbohydrates

1 cup fat-free milk
6 oz artificially sweetened yogurt
1 cup buttermilk
1 cup soy milk

Meat/Protein

1 large egg
2 to 3 oz meat, poultry, or fish
1/2 cup cottage cheese
1 Tbsp peanut butter
1/2 cup tofu
1 oz cheese
1/4 cup tuna canned in water

SAMPLE 2000 CALORIE DIET PLAN

Breakfast

- 1 English muffin (2 carb choices)
- Reduced fat cream cheese, 1 Tbsp
- 1 scrambled egg
- 1/2 grapefruit (1 carb choice)
- Fat-free milk, 1 cup (1 carb choice)

Morning Snack

- Artificially sweetened yogurt, 6 oz (1 carb choice)
- 2 Tbsp chopped nuts
- 1 small peach (1 carb choice)

Lunch

- Grilled chicken sandwich:
  - 1 hamburger bun (2 carb choices)
  - 2 oz chicken breast
  - 1 lettuce leaf
  - 2 slices tomato
  - Reduced fat mayonnaise, 1 Tbsp
- Carrot sticks, 1 cup
- Celery, 1 cup
- 1 small apple (1 carb choice)
- Fat-free milk, 1 cup (1 carb choice)

Afternoon Snack

- 1/2 cup low-fat cottage cheese
- 1 1/4 cups strawberries (1 carb choice)

Dinner

- Steak fajitas:
  - 2 oz lean steak
  - 1 whole-wheat tortilla, 8 inches (1.5 carb choices)
  - Shredded lettuce, 1/4 cup
  - 2 slices tomato
  - Salsa, 1/4 cup
  - Low-fat sour cream, 2 Tbsp
- Brown rice, 1/3 cup (1 carb choice)
- 1 small orange (1 carb choice)

Evening Snack

- 4 reduced fat whole-wheat crackers (1 carb choice)
- 1 Tbsp peanut butter
- 12 to 15 grapes (1 carb choice)

MEAL PLAN

Use this worksheet to help you make a daily meal plan based on the 2000 calorie diabetic diet suggestions. The total amount of carbohydrates in your meal or snack is more important than making sure you include all of the food groups at every meal or snack. If you are using this plan to help you control your blood glucose, you may interchange carbohydrate containing foods (dairy, starches, and fruits). Choose a variety of fresh foods of varying colors and flavors. You can choose from the following foods to build your day's meals:

- 11 Starches.
- 4 Vegetables.
- 3 Fruits.
- 3 Dairy.
- 8 oz Meat.
- Up to 6 Fats.

Your dietician can use this worksheet to help you decide how many servings and what types of foods are right for you.

Breakfast

Food Group and Servings **Food Choice**

Starches _____

Dairy _____

Fruit _____

Meat _____

Fat_____

Lunch

Food Group and Servings **Food Choice**

Starch _____

Meat _____

Vegetables _____

Fruit _____

Dairy_____

Fat_____

Afternoon Snack

Food Group and Servings **Food Choice**

Starch_____

Meat_____

Fruit_____

Dinner

Food Group and Servings **Food Choice**

Starches _____

Meat _____

Dairy _____

Vegetables _____

Fruit _____

Fat_____

Evening Snack

Food Group and Servings **Food Choice**

Fruit _____

Meat _____

Starch _____

Daily Totals

Starches _____

Vegetables _____

Fruit _____

Dairy _____

Meat _____

Fat _____

Much of this information courtesy of www.eatright.org.

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