# 1800 Calorie Diabetic Diet

The 1800 calorie diabetic diet is designed for eating up to 1800 calories each day. Following this diet and making healthy meal choices can help improve overall health. It controls blood sugar levels, and it can also help 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 1800 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 frequently. Doing this helps control your blood sugar levels so they do not get too high or too low. Each meal or snack may include a protein food source to help you feel more satisfied. 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 have different types of foods, including whole grains, vegetables, fruits, lean meats, poultry, fish, and dairy products. As you plan your meals, select a variety of foods. Choose from the bread and starch, vegetable, 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 Starch

**Each serving equals 15 grams of carbohydrates.**

1 slice bread.
1/4 bagel.
3/4 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 of popcorn.
4 to 6 whole-wheat crackers.
1/2 cup cooked beans, peas, or corn.

### Vegetable

**Each serving equals 5 grams of carbohydrates.**

1/2 cup cooked vegetables.
1 cup raw vegetables.
1/2 cup tomato or vegetable juice.

**Fruit**

**Each serving equals 15 grams of carbohydrates.**

1 small apple 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 canned fruit, packed in water or in its own juice.
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 or plain yogurt.
1 cup low-fat buttermilk.
1 cup soy milk.
1 cup almond milk.

**Meat/Protein**

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

**Fat**

1 tsp oil.
1 tsp trans-fat-free margarine.
1 tsp butter.
1 tsp mayonnaise.
2 Tbsp avocado.
1 Tbsp salad dressing.
1 Tbsp cream cheese.
2 Tbsp sour cream.

SAMPLE 1800 CALORIE DIET PLAN

**Breakfast:**

- 3/4 cup unsweetened cereal (1 carb choice).
- 1 cup fat-free milk (1 carb choice).
- 1 slice whole-wheat toast (1 carb choice).
- 1/2 small banana (1 carb choice).
- 1 scrambled egg.
- 1 tsp trans-fat-free margarine.

**Lunch:**

- Tuna sandwich.
  - 2 slices whole-wheat bread (2 carb choices).
  - 1/2 cup canned tuna in water, drained.
  - 1 Tbsp reduced fat mayonnaise.

- 1 stalk celery, chopped.
- 2 slices tomato.
- 1 lettuce leaf.

- 1 cup carrot sticks.
- 24 to 30 seedless grapes (2 carb choices).
- 6 oz light yogurt (1 carb choice).

**Afternoon Snack:**

- 3 graham cracker squares (1 carb choice).
- 1 cup fat-free milk (1 carb choice).
- 1 Tbsp peanut butter.

**Dinner:**

- 3 oz salmon, broiled with 1 tsp oil.
- 1 cup mashed potatoes (2 carb choices) with 1 tsp trans-fat-free margarine.
- 1 cup fresh or frozen green beans.
- 1 cup steamed asparagus.
- 1 cup fat-free milk (1 carb choice).

**Evening Snack:**

- 3 cups of air-popped popcorn (1 carb choice).
- 2 Tbsp Parmesan cheese.

## Meal Plan

You can use this worksheet to help you make a daily meal plan based on the 1800 calorie diabetic diet suggestions. If you are using this plan to help you control your blood glucose, you may interchange carbohydrate-containing foods (dairy, starches, and fruits). Select a variety of fresh foods of varying colors and flavors. The total amount of carbohydrate in your meals or snacks is more important than making sure you include all of the food groups every time you eat. Choose from the approximate amount of the following foods to build your day's meals:

- 8 Starches.
- 4 Vegetables.
- 3 Fruits.
- 2 Dairy.
- 6 to 7 oz Meat/Protein.
- Up to 4 Fats.

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

**Breakfast**

**Food Group and Servings** **Food Choice**

Starches _____

Dairy _____

Fruit _____

Meat/Protein_____

Fat _____

**Lunch**

**Food Group and Servings** **Food Choice**

Starch _____

Meat/Protein _____

Vegetables _____

Fruit _____

Dairy _____

Fat _____

**Afternoon Snack**

**Food Group and Servings** **Food Choice**

Starch _____

Meat/Protein_____

Fruit _____

Dairy _____

**Dinner**

**Food Group and Servings** **Food Choice**

Starches _____

Meat/Protein _____

Dairy _____

Vegetable _____

Fruit _____

Fat _____

**Evening Snack**

**Food Group and Servings** **Food Choice**

Fruit _____

Meat/Protein _____

Dairy _____

Starch _____

**Daily Totals**

Starches _____

Vegetables _____

Fruits _____

Dairy _____

Meat/Protein_____

Fats _____

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

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