2400 Calorie Diabetic Diet

The 2400 calorie diabetic diet is designed for eating up to 2400 calories each day. Following this diet and making healthy meal choices can help improve overall health. It controls blood sugar levels, and 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.
- ½ 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 2400 each day. This can be done by choosing foods that are low in calories and in 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 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 4-5 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 a variety 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 carbohydrate)**
  - 1 slice bread.
  - 1/4 bagel.
  - ¾ cup cold cereal (unsweetened).
  - ½ cup hot cereal, cooked pasta or mashed potatoes.
  - 1 small potato (size of a computer mouse).
  - 1/3 cup cooked pasta or rice.
  - ½ English muffin.
  - 1 cup broth based soup.
  - 3 cups of popcorn.
  - 4-6 whole wheat crackers.
  - ½ cup cooked beans, peas or corn.
- **Vegetable (each serving equals 5 grams of carbohydrate)**
  - ½ cup cooked vegetables.
  - 1 cup raw vegetables
  - 1/2 cup tomato juice.
- **Fruit (each serving equals 15 grams of carbohydrate)**
  - 1 small apple or orange.
  - 1¼ cup watermelon or strawberries.
  - ½ cup applesauce (no sugar added).
  - 2 Tbsp raisins.
  - ½ banana.
  - ½ cup unsweetened canned fruit.
  - ½ cup unsweetened fruit juice.
- **Dairy (each serving equals 12-15 grams of carbohydrate)**
  - 1 cup fat free milk.
  - 6 oz artificially sweetened yogurt.
  - 1 cup buttermilk
  - 1 cup soy milk
- **Meat/Protein**
  - 1 large egg.
  - 2-3 oz meat, poultry or fish.
  - ½ cup cottage cheese.
  - 1 Tbsp peanut butter.
  - ½ cup tofu.
  - 1 oz cheese.
  - ¼ cup canned tuna in water.

SAMPLE 2400 CALORIE DIET PLAN:

Breakfast:

- 1 english muffin (2 carb servings).
- 1 scrambled egg.
- 2 tsp margarine.
- Fat free milk, 1 cup (1 carb serving).
- 1 large orange (2 carb servings).

Morning Snack:

- Low fat cottage cheese, 1/4 cup.
- ½ cup canned peaches in juice (1 carb serving).
- Carrot sticks, 1 cup.
- 5 whole wheat melba toasts (1 carb serving).

Lunch:

- Grilled chicken salad.
  - 2 oz chicken breast.
  - Romaine lettuce or spinach, 1 cup.
  - Diced tomato, ½ cup.
  - Shredded carrots, ½ cup.
  - Sliced cucumbers, ¼ cup.
  - Low fat salad dressing, 2 Tbsp.
- Whole wheat bread, 2 slices (2 carb servings).
- 1 small apple (1 carb serving).
- Fat free milk, 1 cup (1 carb serving).
- 15 baked chips (1 carb serving).

Afternoon Snack:

- 8 reduced fat triscuits (2 carb servings).
- Peanut butter, 2 Tbsp.

Dinner:

- 3 oz salmon, broiled.
- 4.5 small red potatoes, roasted with 1 tsp olive oil and seasoning (3 carb servings).
- Green beans, 1 cup.
- Strawberries, 1 ¼ cup (1 carb serving).
- Fat free milk, 1 cup (1 carb serving).

Evening Snack:

- 6 cups air popped popcorn (2 carb servings).
- 2 Tbsp parmesan cheese sprinkled on top.
- 8 almonds.

Meal Plan

You can use this worksheet to help you make a daily meal plan based on the 2400 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 meal or snack is more important than making sure you include all of the food groups every time you eat. Remember that you should choose the following foods for a day's meals:

- 13 Starches.
- 4 Vegetables.
- 4 Fruits.
- 3 Dairy.
- 8 oz Meat.
- Up to 8 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**

Starches _____

Meat _____

Vegetables _____

Fruit _____

Dairy _____

Fat_____

Afternoon Snack

Food Group and Servings **Food Choice**

Starch _____

Meat_____

Dinner

Food Group and Servings **Food Choice**

Starches _____

Meat _____

Dairy _____

Vegetable _____

Fruit _____

Fat_____

Evening Snack

Food Group and Servings **Food Choice**

Fruit _____

Meat _____

Starches _____

Daily Totals

Starches _____

Vegetables _____

Fruits _____

Dairy _____

Meat _____

Fats _____

Much of this information courtesy of www.eatright.org

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