1200 Calorie Diabetic Diet

The 1200 calorie diabetic diet limits calories to 1200 each day. Following this diet and making healthy meal choices can help improve overall health. It controls blood sugar levels and 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 1200 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 4-5 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 carbohydrate

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
4-6 whole wheat crackers
1/2 cup cooked beans, peas, or corn

Vegetables

Each serving equals 5 grams of carbohydrate

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

Fruit

Each serving equals 15 grams of carbohydrate

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 12-15 grams of carbohydrate

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
2-3 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 1200 CALORIE DIET PLAN:

Breakfast:

- 1 cup fat free milk (1 carb choice)
- 1 small orange (1 carb choice)
- 1 scrambled egg
- 1 slice whole wheat toast (1 carb choice)

Lunch:

- Sandwich
  - 2 slices whole wheat bread (2 carb choices)
  - 2 oz lean meat
  - 2 tsp reduced fat mayonnaise
  - 1 lettuce leaf
  - 2 slices tomato

- 1 cup carrot sticks

Afternoon Snack:
- 1 small apple (1 carb choice)
- 1 string cheese

Dinner:
- 2 oz meat
- 1 small baked potato (1 carb choice)
- 1 tsp trans fat free margarine
- 1 cup steamed broccoli
- 1 cup fat free milk (1 carb choice)

Evening Snack:
- 1/2 small banana (1 carb choice)
- 6 vanilla wafers (1 carb choice)

Meal Plan

You can use this worksheet to help you make a daily meal plan based on the 1200 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. You can choose from approximately this many of the following foods to build your day's meals:

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

Starch _____

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**

Dairy _____

Fruit _____

Starch _____

Meat/Protein_____

Dinner

Food Group and Servings **Food Choice**

Starch _____

Meat/Protein _____

Dairy _____

Vegetables _____

Fruit _____

Fat _____

Evening Snack

Food Group and Servings **Food Choice**

Fruit _____

Meat/Protein _____

Dairy _____

Starch _____

Daily Totals

Starches _____

Vegetables _____

Fruits _____

Dairy _____

Meat/Protein_____

Fats _____

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