

MENU FOR 2000 CALORIE (ADA) DIABETIC DIET

These sample menus are planned to include a variety of foods that are allowed on your diet. The same kinds of foods may be repeated at lunch and dinner to use up leftovers. Make sure you do not eat more than you are allowed to have at dinner if substitutions are made.

Abbreviations:
 bk or bkd = Baked
 bisc = Biscuit
 chckn = Chicken
 chz or chez = Cheese
 crm = Cream
 drg or drsg = Dressing
 dt = Diet
 ff = Fat Free
 ft = Fat
 glz = Glazed
 oz = ounce
 pim = Pimento
 pinappl = Pineapple
 pl = plain
 stwd = Stewed
 Tbsp = Tablespoon
 tsp = Teaspoon
 uns = Unsweetened
 veg = Vegetable
 wp = Water Packed
 wt = Whipped Topping

Patient's Name _____

Instructor's Initials: _____

Date: _____

	Qty	Sun	Qty	Mon	Qty	Tues
Brkfst	4 oz 1/2 cup 1 oz 2 ea 1 tsp 8 oz 1 cup	Uns Orange Juice ff Cereal Sausage Bisc(1 ft)/ff Toast Diet Jelly 2% Milk Coffee	3 oz 1/2 cup 1 1 slice 2 slices 1 tsp 8 oz 1 cup	Uns Cranberry Juice Cocktail ff Cereal ff Egg Bacon ff Toast Diet Jelly 2% Milk Coffee	4 oz 1/2 cup 1 oz 2 ea 1 tsp 8 oz 1 cup	Uns Grapefruit Ice ff Cereal Sausage Bisc(1 ft)/ff Toast Diet Jelly 2% Milk Coffee
Lunch	3 oz 1/2 cup 1/2 cup 1 square 1/2 ea 6 ea 8 oz	ff Baked Chicken ff Dried Beans or Peas ff Greens Cornbread (1 fat) Banana Vanilla Wafers Unsweetened Tea	1 ea 3 oz 1 ea 15 ea 2 slices 1 slice 1 tsp 1 tsp 1/2 cup 8 oz	Sandwich as: ff Chezburger on: Bun Chips of Choice Lettuce/Onion Dill Pickle Mayonnaise Mustard dt ff Stwd Apple Unsweetened Tea	3 oz 1 Tbsp 3/4 cup 1/2 cup 2 ea 1 Tbsp 2 halves 8 oz	ff Roast Turkey Giblet Gravy ff Cornbread Drsg ff Green Beans ff Roll Diet Jelly Diet Pears Unsweetened Tea
Dinner	3 oz 1/2 cup 1/2 cup 2 ea 1/2 cup 8 oz	ff Ham Potato Salad (1 fat) ff Green Beans ff Roll dt Pinappl Tidbits Water or Uns Tea	3 oz 1 Tbsp 1/2 cup 1/2 cup 2 slices 3 each 8 oz	ff Beef Tips Gravy ff Rice ff Broccoli Bread wp Prunes Water or Uns Tea	4 oz 1 ea 3 oz 2 slices 4 slices 6 ea 1 tsp 8 oz	ff pl Veg Soup Sandwich as: ff Tuna on: Bread Tomato Crackers Mayonnaise Orange Water or Uns Tea
Bedtime Snack	8 oz 3 ea	2% Milk Graham Crackers	8 oz 6 ea	2% Milk Vanilla Wafers	8 oz 6 ea	2% Milk Salines

MENU FOR 2000 CALORIE (ADA) DIABETIC DIET

	Qty	Weds	Thurs	Qty	Fri	Qty	Sat
Brkfst	3 oz 1/2 cup 1 1 slice 2 slices 1 tsp 8 oz 1 cup	Uns Grape Juice ff Cereal ff Egg Bacon ff Toast Diet Jelly 2% Milk Coffee	Uns Apple Juice ff Cereal Ham Bisc(1 fat)/ff Toast Diet Jelly 2% Milk Coffee	4 oz 1/2 cup 1 1 slice 2 slices 1 tsp 8 oz 1 cup	Uns Pineapple Juice ff Cereal ff Egg Bacon ff Toast Diet Jelly 2% Milk Coffee	3 oz 1/2 cup 1 oz 2 ea 1 tsp 8 oz 1 cup	Uns Prune Juice ff Cereal Sausage Bisc(1 fat)/ff Toast Diet Jelly 2% Milk Coffee
Lunch	3 oz 1 Tbsp 3/4 cup 1/2 cup 2 ea 1/2 cup 8 oz	ff Roast Beef Gravy ff Mash Potatoes ff dt Glzd Carrots ff Roll Diet Peaches Unsweetened Tea	ff dt BBQ Chckn Rolls ff dt Bkd Beans Slaw (1 fat) Diet Fruit Mix Unsweetened Tea	1 cup 1/2 cup 2 slice 1/2 cup 3 8 oz	ff Spaghetti with Meat Sauce Green Salad with Drsg(1 fat) ff Toast dt Banana Pudding Vanilla Wafers Unsweetened Tea	3 oz 15 ea 1/2 cup 1 square 1 tsp 1/2 cup 3 ea. 8 oz 1 slice	ff Baked Fish ff Oven Bkd Fries ff Cooked Carrots Cornbread (1 fat) Catsup dt Lemon Pudding Graham Crackers Unsweetened Tea Lemon
Dinner	3 oz 1/2 cup 1/2 cup 1 square 1/2 cup 6 ea 8 oz	ff Pork Chop ff Macaroni ff Squash. Cornbread (1 fat) Diet Pudding Vanilla Wafers Water or Uns Tea	ff Salmon White Sauce ff Crm Style Corn ff Boiled Okra Sliced Bread Diet Ice Cream Water or Uns Tea	3 oz 2/3 cup 1/2 cup 1 square 1-1/4 cup 8 oz	ff Pork Roast ff dt Yams ff Cabbage Cornbread (1 fat) Diet Strawberries Water or Uns Tea	4 oz 1 ea 1/3 cup 2 slices 2 halves 6 ea 1/2 cup 8 oz	ff pl Veg Soup Sandwich as: Pim Chz (1 fat) on: Bread Diet Peach Salad Crackers Dt Gelatin/wt Water or Uns Tea
Bedtime Snack	8 oz 3 ea	Skim Milk Graham Crackers	2% Milk Cornflakes	8 oz 6 ea	2% Milk Vanilla Wafers	8 oz 6 ea	2% Milk Saltines

Date: _____

Instructor's Initials: _____

Patient's Name _____