

MENU FOR 2200 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:

- bisc = Biscuit
- bk or bkd = Baked
- chckn = Chicken
- chz or chez = Cheese
- crm = Cream
- drsg or drg = Dressing
- dt = Diet
- ff = Fat Free
- ft = Fat
- glz = Glazed
- oz = Ounce
- pim = Pimento
- pinappl = Pineapple
- pl = Plain
- sp = Spaghetti
- stwd = Stewed
- sty = Style
- 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 Biscuit (1 fat) Diet Jelly 2% Milk Coffee	3 oz 1/2 cup 1 1 slice 2 slices 1 tsp 1 tsp 8 oz 1 cup	Uns Cranberry Juice Cocktail ff Cereal ff Egg Bacon ff Toast Margarine 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 Biscuit (1 fat) Diet Jelly 2% Milk Coffee
Lunch	3 oz 1/2 cup 2 square 1 ea 8 oz	ff Baked Chicken ff Dried Beans or Peas ff Greens Cornbread (1 fat) Banana Unsweetened Tea	1 ea 3 oz 1 ea 15 ea 2 slices 1 slice 2 tsp 1 tsp 1 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 2 Tbsp 3/4 cup 1/2 cup 2 ea 1 Tbsp 4 halves 8 oz	ff Roast Turkey Giblet Gravy ff Cornbread Drg 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 Tribits 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 1 oz	2% Milk Graham Crackers Cheese	8 oz 6 ea 2 Tbsp	2% Milk Vanilla Wafers Peanut Butter	8 oz 6 ea 1 oz	2% Milk Salines Cheese

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	Qty	Weds	Thurs	Qty	Fri	Qty	Sat
Brkfst	3 oz 1/2 cup 1 1 slice 2 slices 1 tsp 1 tsp 8 oz 1 cup	Uns Grape Juice ff Cereal ff Egg Bacon ff Toast Margarine Diet Jelly 2% Milk Coffee	Uns Apple Juice ff Cereal Ham Biscuit (1 fat) Diet Jelly 2% Milk Coffee	4 oz 1/2 cup 1 1 slice 2 slices 1 tsp 1 tsp 8 oz 1 cup	Uns Pineapple Jce ff Cereal ff Egg Bacon ff Toast Margarine 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 Biscuit (1 fat) Diet Jelly 2% Milk Coffee
Lunch	3 oz 2 Tbsp 3/4 cup 1/2 cup 2 ea 1 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 Baked Beans Slaw (1 fat) Margarine Diet Fruit Mix Unsweetened Tea	1 cup 1/2 cup 2 tsp 2 slices 1 cup 3 8 oz	ff Sp/Meat Sauce Green Salad Salad Dressing ff Toast dt Banana Pudding Vanilla Wafers Unsweetened Tea	3 oz 15 ea 1/2 cup 2 square 1 tsp 1 cup 8 oz 1 slice	ff Baked Fish ff Oven Bkd Fries ff Cooked Carrots Combread (1 fat) Catsup dt Lemon Pudding 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 Sty 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 Combread (1 fat) Diet Strawberries Water or Uns Tea	4 oz 1 ea 1/3 cup 2 slices 2 halves 6 1/2 cup 8 oz	ff pl Veg Soup Sandwich as: Pim Chez(1 fat) on: Bread Diet Peach Salad Crackers dt Gelatin/wt Water or Uns Tea
Bedtime Snack	8 oz 3 ea 1 oz	2% Milk Graham Crackers Roast Beef	2% Milk Cornflakes Cheese	8 oz 6 ea 2 Tbsp	2% Milk Vanilla Wafers Peanut Butter	8 oz 6 ea 1 oz	2% Milk Saltines Cheese

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