

# Diabetes One Day Vegetarian Menu

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## Adolescent Diabetes & Weight Loss Friendly Menu

1600 kcal/day, 75 g CHO per meal, 15 g CHO per snack

- Portion sizes relative to Diabetes Plate - 50% non starchy vegetables, 25% starch, 25% protein
- Incorporate low fat dairy - if lactose sensitive use beverages like Fairlife milk, low fat cheese, yogurt
- At each meal include a protein, starch and one fruit or vegetable, optional dairy - 3 MyPlate choices; snack 2 MyPlate choices
- Include one vegetarian option (easy swap out)
- Incorporate protein & fiber as a fillers when hungry
- Water or zero calorie drinks, avoid artificial sweetener, sugar sweetened beverages, alcohol

### Breakfast

[44g CHO]

2 egg bites Starbucks [9g]

Avocado spread [10g]

Small Non-fat Latte [25g]

### Lunch

[80g CHO]

Green salad, topped with 1 c black bean, sauteed broccoli [50g]

Optional: 1 chicken sausage [0g]

Sliced tomatoes & scallions [5g]

Olive oil & Balsamic dressing [0g]

Blueberry muffin [25g]

### Dinner

[74g CHO]

1 c. Veggie Mac and Cheese [37g]

Optional add ½ cup diced turkey or chicken breast [0g]

2 Sugar free cookies [2g]

10 Dried apricots [20g]

1 c. Milk [15g]

### Snack Options (Choose 2 per day)

- 1/2 c. guacamole with 10-12 tortilla chips [20g]
- 1 c. sliced strawberries with feta or a cheese stick [14g]
- Hard-boiled egg with 1 c. sugar free fruit cocktail [15g]
- 1 T salted nuts with 1 carton Chobani sugar free blueberry yogurt [10g]

# Veggie Mac and Cheese

## American Diabetes Association\*



- 8 oz whole grain macaroni
- 2 c cauliflower florets (chopped)
- 1 c carrots (peeled and chopped)
- 2 tbsp whole wheat flour
- 2 tbsp olive oil
- 1 c reduced fat cheddar cheese
- ¼ c whipped, fat free ricotta cheese
- 1 tsp Dijon mustard
- ½ tsp garlic powder
- ¼ tsp salt
- ¼ tsp pepper

1. Cook pasta until al dente, remove from water with a slotted spoon
2. Add cauliflower and carrots to the water, cook for 8-10 minutes, drain
3. Heat olive oil, stir in flour and cook 1-2 min
4. Whisk in milk, then slowly all the remaining ingredients
5. Stir over low heat until the cheese is melted

Makes 6, 1 cup servings. Nutrition Facts per serving: 280 calories, 9 g total fat, 3 g saturated fat, 37 g total carbohydrate, 16 g protein

# Carbohydrate Serving Sizes

## Smart Phrase .kccarblast

- 15 Gram Carb Serving Sizes
  - Fruits - ½ banana, 4 apricots, 1 small apple, pear, peach, 1 cup berries, ¾ cup pineapple, ½ cup juice
  - Starchy Vegetables - ½ cup corn, peas, potatoes, hash browns, 10-15 French fries, ½ cup beans, ¼ cup baked beans
  - Breads - 1 slice bread, 1 small muffin, ¼ bagel, 1/3 c rice, 1 small roll, 6 crackers, 3 cups popcorn
  - Dairy Products - 13 g carbs: 1 cup milk, 6-oz plain yogurt
- 5 Gram Carb Serving Sizes
  - Non-starchy Vegetables - 1 cup asparagus, spinach, peppers, green beans, tomato, cucumber, snap peas, broccoli, zucchini
- 0 Gram Carb Servings Sizes
  - Protein: Eggs, cheese, meat (chicken, beef, pork), fish, seafood
  - Fats: oil, butter, mayonnaise
  - Specialized foods: Greek yogurt



# References and Recipes

- Diabetes Plate: <https://diabetesfoodhub.org/blog/what-diabetes-plate>
- Veggie Mac and Cheese: <https://diabetesfoodhub.org/recipes/veggie-mac-and-cheese>