

3000 ADA Diet

Example menu with 3 meals and 3 snacks

Breakfast: Oatmeal with banana slices and almonds with a side of turkey bacon and a glass of milk

Morning snack: Graham crackers and an apple

Lunch: Chicken and bean burrito with a side of coleslaw

Afternoon snack: Yogurt and raisins with a glass of orange juice

Dinner: Sloppy Joe with a side of green beans, Jell-O, a glass of milk, and hot chocolate for dessert

Evening Snack: Turkey and cheese cracker sandwich and a slice of toast

Time of Day	Starch	Meat	Vegetable	Fruit	Milk	Added Fats (7 per day)	Total Equivalents on Diabetic Exchange List
7:00 am	Cooked oatmeal, 1 1/2 cup	Turkey bacon, 3 slices (1 1/2 oz. each before cooking)		Banana, extra small (4 oz.)	Reduced-fat milk, 2 cups	Almonds, 12 nuts	3 Starch, 1 Meat, 1 Fruit, 2 Milk, 2 Fats
8:00 am							
9:00 am							
10:00 am	6 graham crackers, 2 1/2 inch square			Apple, small (4 oz.)			2 Starch, 1 Fruit
11:00 am							
12:00 pm	2 Tortilla, flour, 6 inches across Black beans, 1 cup	Chicken, 3 oz.	Tomato, 1 cup Coleslaw, 1 cup	100 % Fruit juice blend, 2/3 cup		Reduced-fat ranch, 2 Tbsp. Light sour cream, 3 Tbsp.	4 Starch, 3 Meat, 2 Vegetable, 2 Fruit, 2 Fats
1:00 pm							
2:00 pm							
3:00 pm				Raisins, 2 Tbsp. Orange juice, 1/2 cup	Plain yogurt, 2/3 cup (6 oz.)	Almonds, 6 nuts	2 Fruit, 1 Milk, 1 Fat
4:00 pm							
5:00 pm							
6:00 pm	Hamburger bun, 2 halves Regular gelatin, 1/2 cup Sugar-free hot chocolate, 1 envelope	Ground beef, 2 oz. American cheese, 1 oz.	Tomato sauce, 1/2 cup Cooked green beans, 1/2 cup		Reduced-fat milk, 2 cups	Reduced-fat mayonnaise, 1 Tbsp.	4 Starch, 3 Meat, 2 Vegetable, 2 Milk, 1 Fat
7:00 pm							
8:00 pm							
9:00 pm	Bread, 1 slice 12 Ritz crackers	Deli thin-sliced turkey, 1 oz. Cheese, 1 oz.				Low-fat margarine, 1 Tbsp.	3 Starch, 2 Meat, 1 Fat

2000 ADA Diet

Example menu of vegan diet

Breakfast: Oatmeal with almonds chunks and raisins with an apple on the side

Lunch: Baked Potato with a side of chopped pecan and cranberry salad and mixed vegetables

Dinner: Brown rice and edamame with side vegetables and apple cider

Evening Snack: Tofu snack sandwich with tomato juice and pumpkin seeds

Time of Day	Starch	Meat	Vegetable	Fruit	Milk	Added Fats (11 per day)	Total Equivalents on Diabetic Exchange List
7:00 am	Cooked oatmeal, 1 ½ cups			Raisins, 2 Tbsp. Apple, small		Almonds, 12 nuts	3 Starch, 2 Fruits, 2 Fats
8:00 am							
9:00 am							
10:00 am							
11:00 am							
12:00 pm	Mixed Vegetables (corn & peas), 1 cup Baked potato, 2/3 of a large (6 oz.)		Spinach, 2 cups Carrots, 1 cup	Dried cranberries, 2 Tbsp.		Reduced-fat vegan salad Dressing, 4 Tbsp. Pecans, 4 halves	3 Starch, 3 Vegetables, 1 Fruit, 3 Fats
1:00 pm							
2:00 pm							
3:00 pm							
4:00 pm							
5:00 pm							
6:00 pm	Cooked brown rice, approx. 1 cup	Edamame, ½ cup (*counts as ½ carb too)	Asparagus, ½ cup Tomato, 1 cup	Apple cider, ½ cup		Sesame seeds, 1 Tbsp. Soybean oil, 1 tsp.	3 Starch, 1 Meat, 2 Vegetables, 1 Fruit, 2 Fats
7:00 pm							
8:00 pm							
9:00 pm	2 Slices of bread	Light tofu, 1 cup	Tomato juice, ½ cup			Pumpkin seeds, 4 tbsp.	2 Starch, 2 Meat, 1 Vegetables, 4 Fats

1800 ADA Diet

Example menu

Breakfast: Pancakes with sliced bananas and syrup

Lunch: Turkey, avocado, and tomato sandwich with a side of grapes

Afternoon snack: Yogurt and granola with carrots and ranch

Dinner: Hawaiian haystack

Evening Snack: Mini grilled cheese

Time of Day	Starch	Meat	Vegetable	Fruit	Milk	Added Fats (5 per day)	Total Equivalents on Diabetic Exchange List
7:00 am	1 pancake, each 4 inches across and ¼ inch thick Light Syrup, 2 Tbsp.			Banana, extra small	Fat-free milk, 1 cup		2 Starch, 1 Fruit, 1 Milk
8:00 am							
9:00 am							
10:00 am							
11:00 am							
12:00 pm	2 slices of bread	Deli thin-sliced turkey, 2 oz	Tomato, 1 cup	Grapes, 17 pieces	Fat-free milk, 1 cup	Avocado, 2 Tbsp. Reduced-fat mayonnaise, 1 Tbsp.	2 Starch, 2 Meat, 1 Vegetable, 1 Fruit, 1 Milk, 2 Fats
1:00 pm							
2:00 pm							
3:00 pm	Low-fat granola, ¼ cup		Carrots, 1 cup		Plain yogurt with an artificial sweetener, 2/3 cup	Reduced-fat ranch dressing, 2 Tbsp.	1 Starch, 1 Vegetable, 1 Milk, 1 Fat
4:00 pm							
5:00 pm							
6:00 pm	Cooked Rice, 2/3 cup	Chicken, 2 oz. 1 Egg	Cooked baby corn, ½ cup	Canned pineapple, ½ cup 100% Fruit juice, ½ cup	Fat-free milk, 1 cup	Reduced fat cream sauce, 2 Tbsp.	2 Starch, 3 Meat, 1 Vegetable, 2 Fruit, 1 Milk, 1 Fat
7:00 pm							
8:00 pm							
9:00 pm	1 slice of bread	Cheese, 1 oz.					1 Starch, 1 Meat

Following a Diabetic Diet

I appreciated this part of the diabetic assignment because it allowed me to see and understand how my patient would feel, trying to follow a diabetic diet. It already seemed overwhelming to me to know this is what I needed to eat (even at the times I wasn't hungry) and this is only what I could eat (when my friends brought over cookies). I can completely understand how they feel their lives are completely occupied with food. Constantly throughout my two days, I was planning what to eat or if the portions were right. I feel I have a good background on nutrition and diabetic diets, I can't imagine someone trying to estimate their allotted amounts for the day without this background. If a patient is newly diagnosed with diabetes, I can see now more than ever the importance of education and giving them all the tools they need. Without these tools, I can understand how they could feel discouraged quickly. Even with these tools, it would be a struggle to keep your motivation to follow this diet exactly. With this assignment opening my eyes, I know I'll be able to reflect back on this assignment throughout my career and remember the trials they are facing.