

SAMPLE MENU AND SHOPPING LIST

This one-day, low-glycemic-load menu provides about 60 grams of carbohydrate per meal (4 carbohydrate servings) and 30 grams of carbohydrate (2 carbohydrate servings) per snack. The glycemic load for the day is 84.

FOOD	SERVING SIZE	CARBOHYDRATE (g)	GLYCEMIC LOAD
BREAKFAST			
Old-fashioned oatmeal cooked with water, artificial sweetener added to taste	1 cup	30 (22 after dietary fiber grams are subtracted)	14
Grapefruit	½ medium	15	4
Skim milk	1 cup	12	5
Water or other calorie-free beverage	As desired	0	0
LUNCH			
100% whole wheat bread	2 slices	30 (24 after dietary fiber is subtracted)	16
Turkey breast (choose reduced-sodium if watching sodium)	3 ounces	0	0
Reduced-fat cheese	1 slice	0	0
Mayonnaise	1 teaspoon	0	0
Lettuce and tomato slices	As desired	free foods	0
Apple	small	15 (13 after dietary fiber is subtracted)	6
Yogurt, artificially sweetened	⅔ cup	12	2
Baby carrots	½ cup	8 (6 after dietary fiber is subtracted)	3
Ranch salad dressing	2 tablespoons	2	0
Water or other calorie-free beverage	As desired	0	0
SNACK			
Peanut M&Ms	1 bag (1.75 ounces)	30 (28 after dietary fiber is subtracted)	10
DINNER			
Easy south-of-the-border grilled chicken (see recipe)	1 small breast (3 ounces)	5	0
Refried black beans	1 cup	30 (16 after dietary fiber is subtracted)	5
Salsa zucchini (see recipe)	½ cup	10	0
Cherries	24	30 (27 after dietary fiber is subtracted)	7
SNACK			
Popcorn, microwave light	3 cups	15 (13 after dietary fiber is subtracted)	8
Pear	1 small	15 (11 after dietary fiber is subtracted)	6
SHOPPING LIST			
Old-fashioned oatmeal	Apple	Skim milk	
100% whole wheat bread	Cherries	Soft margarine	
Refried black beans	Grapefruit	Reduced-fat sour cream	
Microwave popcorn, light	Pear	Yogurt, artificially sweetened	
Dried cilantro	Baby carrots	2% milk Cheddar cheese, shredded	
Lemon juice	Garlic	2% milk Cheddar cheese, slices	
Mayonnaise	Lettuce	4 skinless chicken breasts	
Ranch salad dressing	Onion	Cooked turkey breast	
Salsa	Tomato	Peanut M&Ms	
Taco seasoning	Zucchini		

Diabetes Self-Management, "Carbohydrate Counting, Glycemic Index, and Glycemic Load" by Jacquie Craig, MS, RD, LD, CDE

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