

## MENU COMPARISON 1.

When reading about percentages of carbohydrate, fat, and protein, it can be difficult to imagine what that means in terms of actual food. To make it clearer, the first of these two sample menus

### HIGHER-CARBOHYDRATE, LOWER-PROTEIN MENU

	CALORIES	FAT (g)	SATURATED FAT (g)	CARBOHYDRATE (g)	FIBER (g)	PROTEIN (g)
<b>BREAKFAST</b>						
1 cup Shredded Wheat	167	0.5	0	41	6	5
1 cup skim milk	83	0	0	12	0	8
½ medium banana	52	0	0	13	1.5	0.5
Meal totals	302	0.5	0	66	7.5	13.5
<b>SNACK</b>						
1 large apple	110	0	0	29	5	1
½ cup light cottage cheese	80	1	0	3	0	14
Snack totals	190	1	0	32	5	15
<b>LUNCH</b>						
Green salad	17	0	0	4	1	1
2 tbsp Italian dressing	81	8	1	3	0	0
1 medium baked potato (173 grams) with skin	161	0	0	37	4	4
1 tbsp light butter	70	7.5	5	0	0	0.5
Meal totals	329	15.5	6	44	5	5.5
<b>SNACK</b>						
1 cup mixed fruit (bananas, strawberries)	125	1	0	29	5	1
¼ cup chopped walnuts	191	19	2	4	2	4
Snack totals	316	20	2	33	7	5
<b>DINNER</b>						
1 cup skim milk	83	0	0	12	0	8
½ cup steamed mixed vegetables	59	0	0	12	4	3
⅔ cup brown rice	146	1	0	30	2	3
½ tbsp butter	50	6	4	0	0	0
2 ounces grilled salmon	116	7	1	0	0	12
½ tbsp olive oil	60	7	1	0	0	0
Meal totals	514	21	6	54	6	26
<b>DAY'S TOTALS</b>	<b>1,651</b>	<b>58 (32%)</b>	<b>14 (7.6%)</b>	<b>229 (55%)</b>	<b>30.5</b>	<b>65 (16%)</b>

## MENU COMPARISON 2.

shows a meal plan with 55% carbohydrate and 16% protein, and the second shows a meal plan with 40% carbohydrate and 27% protein.

### HIGHER-PROTEIN, LOWER-CARBOHYDRATE MENU

	CALORIES	FAT (g)	SATURATED FAT (g)	CARBOHYDRATE (g)	FIBER (g)	PROTEIN (g)
<b>BREAKFAST</b>						
Scrambled eggs (made with ⅔ cup egg substitute and nonstick cooking spray)	139	5	1	1	0	20
1 small whole wheat bagel	240	2	0	53	7	6
1 cup skim milk	83	0	0	12	0	8
Meal totals	462	7	1	66	7	34
<b>LUNCH</b>						
Green salad	17	0	0	4	1	1
2 tbsp Italian dressing	81	8	1	3	0	0
4 ounces grilled chicken	220	8	4	0	0	32
½ medium baked potato (86.5 grams) with skin	81	0	0	18.5	2	2
1 tbsp light butter	70	7.5	5	0	0	0.5
Meal totals	469	23.5	10	25.5	3	35.5
<b>SNACK</b>						
1 apple	92	0	0	24	1	0
Snack totals	92	0	0	24	1	0
<b>DINNER</b>						
1 cup skim milk	83	0	0	12	0	8
½ cup steamed mixed vegetables	59	0	0	12	4	3
⅔ cup brown rice	146	1	0	30	2	3
5 ounces grilled salmon	280	16.8	3.4	0	0	30
1 tbsp olive oil	119	14	2	0	0	0
Meal totals	687	30.8	5.4	54	6	44
<b>DAY'S TOTALS</b>	<b>1,710</b>	<b>62.5 (34%)</b>	<b>16 (9%)</b>	<b>169.5 (40%)</b>	<b>17</b>	<b>113 (27%)</b>

*Diabetes Self-Management*, "Steak or Potatoes?" by Marie Spano, M.S., R.D., and Chad Kerkick, Ph.D., C.S.C.S.\*D., A.T.C., N.S.C.A.-C.P.T.\*D

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