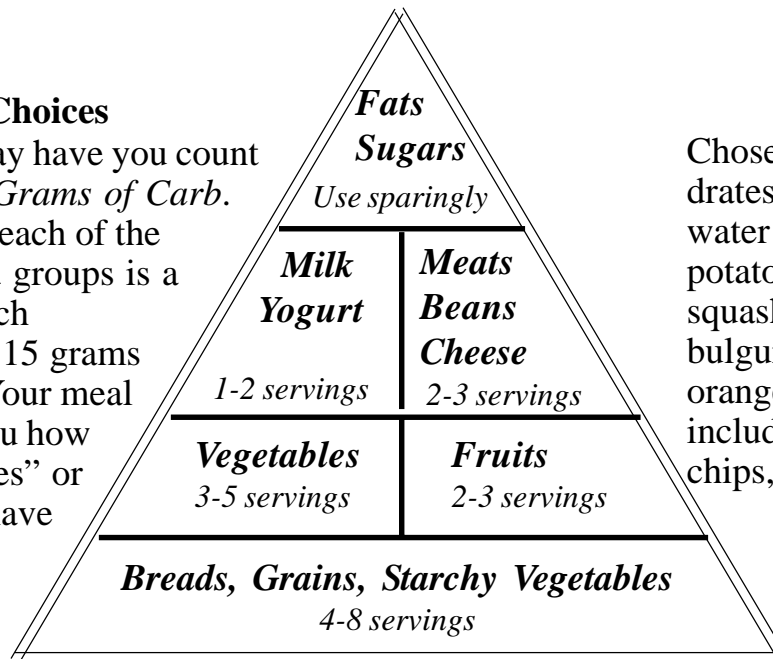


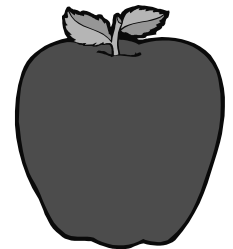
## Low Carb Meal Planning

You may have considered a low carb, high protein diet. These can be dangerous because they produce ketones. A better choice is to lower the carb content of your diet and increase the monounsaturated fat. These fats come from avocado, canola oil, nuts, olives, and olive oil. The food pyramid here and the sample meal plan show diets that allow 40% of the calories from carbohydrate and 40% fat with the majority of the fat from monounsaturated ( $\leq 10\%$  is saturated fat). Try this approach for weight loss and better blood sugar control.

**Carb Choices**  
Your meal plan may have you count *Carb Choices* or *Grams of Carb*. One serving from each of the carbohydrate food groups is a "carb choice". Each "carb choice" has 15 grams of carbohydrate. Your meal plan should tell you how many "carb choices" or grams of carb to have at each meal.



**Carb Choices**  
Chose "preferred carbohydrates" that are high in fiber, water and vitamins. Examples: potatoes, sweet potatoes, winter squash, oatmeal, brown rice, bulgur, apples, grapefruit and oranges. Less preferred ones include white bread, crackers, chips, juices.



### What Is A Serving?

#### Bread and Starch Group

##### **1 Carb choice/serving**

- 1 slice ww bread
- 1/2 c cooked ww pasta
- 1/3 c cooked brown rice
- 3/4 c bran cereal
- 1/2 c shredded wheat
- 1/2 c cooked cereal
- 1/2 c kasha cereal
- 1 sm. potato
- 1/2 c sweet potato
- 2-5 ww crackers
- 10-15 chips\*
- 1/2 c cooked lentils
- 1/2 c cooked pinto beans
- 2/3 c lima beans
- 1 c winter squash
- 1/2 c mixed vegetables
- 1/2 c bulgur

#### Fruit Group

##### **1 Carb choice/serving**

- 1 sm apple, orange, pear or peach
- 1 melon wedge
- 1 sm banana
- 12-15 grapes
- 1/2 grapefruit
- 1/2 c fruit canned in fruit juice

#### Vegetable

- 1/2 c cooked vegetable
- 1 c raw vegetable
- 3/4 c vegetable juice

#### Milk & Yogurt

- 1 Carb choice/serving**
- 1 cup milk (skim, 1or 2%)
- 1 cup plain or SF yogurt
- 1/3 c FF frozen regular yogurt

#### Meat Group

- 2-3 oz. cooked lean beef, pork, poultry, lamb, veal or fish
- 1-2 eggs (limit to 3/week)
- 1/2 c beans or lentils (cooked)
- 1/2 c cottage cheese
- 2 oz. low fat cheese
- 2 Tbsp. peanut butter
- 1/4-1/2 c egg substitute

#### Monounsaturated Fats

- 1/8 medium avocado
- 1 tsp canola oil margarine
- 1 T. olive oil salad drsg
- 1 tsp olive oil
- 8-10 large olives
- 6-10 nuts (almonds, cashews, peanuts, pecans)
- 1 Tbsp sesame seeds
- 2 tsp tahini paste

## SAMPLE DAILY MEAL PLANS - 40% Carbohydrate, 40% Fat

Food Group	Calories		
	1200	1600	1800
Bread/Starch group	4	6	8
Fruit group	2	3	3
Milk group (skim)	2	2	2
Vegetable group	2-3	2-3	2-3
Meat/protein group	5*	6-7*	7*
Fat group	4-5	8-9	9-10
<u>Total carbohydrate choices</u>	<u>8</u>	<u>10</u>	<u>12</u>

Meal plans are: 40-43% Carbohydrate, 18-20% Protein, 40% Fat (majority from monounsaturated, ≤10% saturated). \*Calories are based on 7 grams protein, 4 grams fat per choice.

### Sample Menus

#### 1600 calories - High Carb vs. High Monounsaturated fat

<i>50% carb (14 carbs), 20% pro, 30% fat</i>	<i>40% carb (10 carbs), 19% protein, 41% fat</i>
<p><b>Breakfast:</b> 3/4 cup cereal (1 carb)  <b>3.5 Carb choices</b> 4 oz orange juice (1 carb)            1 sl toast (1 carb) / 1 tsp marg            1/2 c milk (skim or 1%, .5 carb)</p> <p><b>Lunch:</b> 1.5 c Chili with beans (2 carbs)  <b>4 Carb choices</b> Garden salad/1 tbsp drsg.            1/2 c fruit salad (1 carb)            1 cup milk (1 carb)</p> <p><b>Snack:</b> 1 apple (1 carb)  <b>2 Carb choice</b> 3 cups popcorn (1 carb)</p> <p><b>Dinner:</b> 2 oz. grilled chicken breast  <b>3 Carb choices</b> 1 baked potato (1 carb)/margarine            1 roll (1 carb)/margarine            1/2 c green beans            1 cup salad/1 T olive oil dressing            1 c strawberries (1 carb)</p> <p><b>Snack:</b> 3 graham crackers (1 carb)  <b>1.5 Carb</b> 1/2 c milk (.5 carb)</p>	<p><b>Breakfast:</b> 1 c SF LF Yogurt (1 carb)  <b>3 Carb choices</b> 1/2 c canned fruit (1 carb)            1 sl WW Toast/margarine (1 carb)</p> <p><b>Lunch:</b> 1.5 c Chili with beans (2 carbs)  <b>3 Carb choices</b> Garden salad, 1/4 medium avocado            1 tbsp. olive oil drsg.            1/2 c fresh fruit salad (1 carb)</p> <p><b>Snack:</b> 1 apple <b>or</b> 3 cups popcorn (1 carb)  <b>1 Carb choice</b> 1/4c nuts <b>or</b> 1 oz. low fat cheese</p> <p><b>Dinner:</b> 3 oz. chicken breast/tsp canola oil  <b>2 Carb choices</b> 1 sm baked potato (1 carb)            2 tsp light canola oil margarine            1/2 c green beans            Salad, 1/8 avocado/olive oil drsg            1 c strawberries (1 carb)</p> <p><b>Snack:</b> 3 ww crackers (1 carb)  <b>1 Carb</b> 1 T. peanut butter</p>