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| --- | --- | --- | --- | --- | --- |
| **Target Blood glucose Ranges:** 80-130 mg/dl before Meals.  2 hours Post meal < less than 180 mg/dl.  BG < less 70 mg/dl Hypoglycemia! Eat a snack! 15 gram Carbs. 15/15 rule.  Carb counting is great for Pre-Diabetes and Weight management!  2  Ioi  Note: Diets are individualized per Activity, weight and energy needs.  For weight loss, start with the lower daily Carbohydrate amounts. | | **General Guidelines for Consistent Carbohydrate Meal Plan.** (Macronutrient meal plan) Goal is to Eat consistent Carbohydrate amounts daily. Healthy Choice Carbs and limit starchy/grains serving to 20-30 gram/carbs or less per meal.  Include Protein choice with each meal. Meat/ lean options.    Meal plan plate Choices  (Snack recommendation is 15-20 Carb grams)  This meal plan guideline is FREE download on home page  Scan this QR Code to HOMEPAGE for FREE Meal plan guide. Download Copy and Share! | Your PLAN  Count the Carbohydrates  1 Carb **choice/**  **exchange** =  15 grams of Carbs 1 Apple = 15 grams. | **Carbohydrates. Total carbohydrates per day. 150-180 grams divided into meals and snacks.**  Men 60-70 grams/ C**arbs per meal**  + Snack. Inactive or wt. loss needs start with 45-60 **gram/carbs per meal**.  Women 45-60 **grams per meal** + snacks  Inactive or wt. loss needs. 30-45 grams per meal or 20-30g net Carbs  50 grams or less of carbs per day may cause Ketoacidosis. 35 grams of net carbs is considered Keto diet.  Always follow your medical management team recommendations.  **General calorie Counts for 1200-1500-1800-2000-2200 depending on activity & weight needs.**  **Start by Counting the Carbohydrates**  **and Choose food lower in calories**  **Nutritional Fact label Video provides Saturated Fat recommendations for weight and improving cholesterol levels.**  Go to Diabeteslearnhealthy.com for more downloads.  **Free education Videos UTUBE Channel Lorie RN BSN CDE for free Videos!**  **SCAN QR for YouTube Channel Videos** | |
| Meal planning | |  | Exchange | Carbohydrates | Calories/other |
| 1-2 Eggs | 4 oz. | Scrambled Eggs - protein = 2 grams | 1 Pro | 0.4-5 g yolk | 63 cal |
| Breakfast |  |  |  |  |  |
| Lunch |  |  |  | Count your Carbs! |  |