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## Type 2 Diabetes Menu Plan- Female

This menu is designed to help you prevent and manage type 2 diabetes.

### How to use this meal plan

This meal plan is for general informational purposes only and is not meant to replace personalized advice given to you by your healthcare team. To find out about the amount of carbohydrate that's right for you, ask your doctor for a referral to a Registered Dietitian at a Diabetes Education Centre. In the meantime, this meal plan can help you get started on planning healthy meals to help prevent or manage diabetes.

### Why is the amount of carbohydrate listed on the menu?

Carbohydrate is one key source of the energy we get from food. It is found in cereals, breads, fruit, juices, starchy vegetables (potatoes, yams, corn), legumes, milk, yogurt and sweets. When you eat carbohydrate, it becomes glucose in the blood. For people with diabetes, glucose stays in the blood and raises blood glucose levels. This can cause health problems over time.

It is important to know how much carbohydrate is in each meal or snack that you eat. This information can help you stay within your blood glucose target ranges. The amount of carbohydrate listed on the menu plan is the amount that will directly affect your blood glucose levels.

### How much carbohydrate should I have?

A Registered Dietitian will help you plan the right amount of carbohydrate for you. Try to have a consistent amount of carbohydrate at each meal and snack. A safe starting point for most **women** is **45 to 60 g** of carbohydrate and for most **men** is **60 to 75 g** of carbohydrate per meal. Snacks during the day or before bedtime will usually have **15 to 30 g** of carbohydrate.

### Some notes about the information in this menu plan:

Each meal and snack includes the amount of available carbohydrate grams, carbohydrate choices, fibre, calories and food groups. Work with your healthcare team to decide on your healthy eating goals. All information has been taken from the **Diabetes Canada** resource, *Beyond the Basics* (2007), and the Canadian Nutrient File (2015). At the end of the menu plan you will find a table that can help you make changes to the menu plan to suit your needs.

### Legend:

GS: Grains and starches  
Milk: Milk and alternatives  
F: Fruits  
Meat: Meat and alternatives  
Fat: Fats  
V: Vegetables

## Sunday

Breakfast	Lunch	Dinner	Snack 1	Snack 2
<p><b>Whole-Grain French Toast with Spinach Salad</b>  <i>French Toast:</i>            2 slices French toast, whole-grain bread</p> <p><i>Spinach Salad:</i></p> <ul style="list-style-type: none"> <li>• 250 mL (1 cup) spinach</li> <li>• 250 mL (1 cup) mushrooms, onions, peppers and tomatoes, sliced</li> <li>• 15 mL (1 tbsp) fat-free salad dressing</li> </ul> <p>125 mL (½ cup) canned peaches, (packed in light syrup)</p> <p><i>Tea</i></p> <p><b>Carbohydrate: 45 g (3 choices)</b></p> <p>Fibre: 5 g Calories: 373            GS:2 Milk :0 F:1 Meat:0            Fat:0 V:2</p>	<p><b>Black Bean &amp; Cheese Quesadillas</b></p> <p><i>Quesadillas:</i></p> <ul style="list-style-type: none"> <li>• 125 mL (1/2 cup) black beans</li> <li>• 30 mL (2 tbsp) salsa</li> <li>• 125 mL (½ cup) peppers and onions, sliced</li> <li>• 15 mL (1 tbsp) grated lower-fat cheese (20% M.F)</li> <li>• 1 small whole-wheat tortilla</li> </ul> <p>1 orange</p> <p><i>250 mL (1 cup) skim milk</i></p> <p><b>Carbohydrate: 60 g (4 choices)</b></p> <p>Fibre: 12 g Calories: 448            GS:2 Milk:1 F:1 Meat:1.5            Fat:0 V:0.5</p>	<p><b>Tandoori Haddock, Basmati Rice &amp; Broccoli</b></p> <p>1 serving <a href="#">Tandoori Haddock</a>            250 mL (1 cup) broccoli, steamed            150 mL (2/3 cup) basmati rice</p> <p>1 serving <a href="#">Rhubarb Apple Loaf with Brown Sugar-Cinnamon Topping</a></p> <p><i>Tea</i></p> <p><b>Carbohydrate: 60 g (4 choices)</b></p> <p>Fibre: 6 g Calories: 461            GS:3 Milk:0 F:1 Meat:3 Fat:1            V:1</p>	<p><b>Cereal &amp; Milk</b></p> <p>125 mL (1/2 cup) mixed whole-grain cereals            250 mL (1 cup) skim milk</p> <p><i>Water</i></p> <p><b>Carbohydrate: 30g (2 choices)</b></p> <p>Fiber: 3 g            Calories: 165            GS:1 Milk:1 F:0            Meat:0 Fat:0 V:0</p>	<p><b>Apple &amp; Almonds</b></p> <p>1 medium apple            60 mL (1/4 cup) almonds</p> <p><i>Water</i></p> <p><b>Carbohydrate: 15g (1 choice)</b></p> <p>Fibre: 3 g            Calories: 72            GS:0 Milk:0 F:1            Meat:0 Fat:3 V:0</p> <p><b>Total calories for the day: 1794</b></p>

Notes:

## Monday

Breakfast	Lunch	Dinner	Snack 1	Snack 2
<p><b>Tasty Oatmeal &amp; Kiwi</b></p> <p><i>Tasty Oatmeal:</i> 175 mL (¾ cup) plain large flake oatmeal, cooked topped with:</p> <ul style="list-style-type: none"> <li>• 30 mL (2 tbsp) raisins</li> <li>• Pinch of cinnamon</li> <li>• 60 mL (¼ cup) sunflower seeds</li> </ul> <p>1 small kiwi</p> <p>250 mL (1 cup) skim milk</p> <p><b>Carbohydrate: 52 g (3.5 choices)</b></p> <p>Fibre: 9 g Calories: 461 GS:1 Milk:1 F:1.5 Meat:0 Fat:3 V:0</p>	<p><b>Minestrone Soup &amp; Roasted Turkey Sandwich</b></p> <p>375mL (1½ cup) <a href="#">Minestrone Soup</a> 125mL (½ cup) grapes</p> <p><i>Roasted Turkey Sandwich:</i></p> <ul style="list-style-type: none"> <li>• 60 g (2 oz) turkey, roasted</li> <li>• 1 slice pumpernickel bread</li> <li>• Spinach, a few leaves</li> <li>• 5 mL (1 tsp) mustard</li> </ul> <p>Water</p> <p><b>Carbohydrate: 45 g (3 choices)</b></p> <p>Fibre: 8 g Calories: 416 GS:2 Milk:0 F:1 Meat:2 Fat:0 V:1</p>	<p><b>Asparagus and Red Pepper Omelet, Spinach Salad, Yogurt Parfait</b></p> <p><i>Asparagus &amp; Red Pepper Omelet:</i></p> <ul style="list-style-type: none"> <li>• 2 egg whites</li> <li>• 30 mL (2 tbsp) water</li> <li>• 125 mL (½ cup) asparagus spear</li> <li>• 125 mL (½ cup) red pepper</li> </ul> <p><i>Spinach Salad:</i></p> <ul style="list-style-type: none"> <li>• 250 mL (1 cup) spinach</li> <li>• 1 tomato diced</li> <li>• 30 mL (2 tbsp) carrot, shredded</li> <li>• 15 mL (1 tbsp) fat-free salad dressing</li> </ul> <p><i>Yogurt Parfait:</i></p> <ul style="list-style-type: none"> <li>• 175 mL (¾ cup) yogurt (artificially sweetened)</li> <li>• 125 mL (½ cup) fruit cocktail</li> <li>• 15 mL (1 tbsp) bran</li> </ul> <p>250 mL (1 cup) skim milk</p> <p><b>Carbohydrate: 45 g (3 choices)</b></p> <p>Fibre: 8 g Calories: 354 GS:0 Milk:2 F:1 Meat:2 Fat:0 V:2</p>	<p><b>Homemade Muffin</b></p> <p>1 (45g) small homemade muffin</p> <p>Water</p> <p><b>Carbohydrate: 15g (1 choice)</b></p> <p>Fibre: 1 g Calories: 133 GS:1 Milk:0 F:0 Meat:0 Fat:1 V:0</p>	<p><b>Whole Wheat Crackers with Cheese</b></p> <p>6 whole wheat crackers 30 g (1 oz) lower-fat cheddar cheese (20% M.F or less)</p> <p>125 mL (½ cup) skim milk</p> <p><b>Carbohydrate: 22g (1.5 choices)</b></p> <p>Fibre: 3 g Calories: 207 GS:1 Milk: 0.5 F:0 Meat: 1 Fat:0 V:0</p> <p><b>Total calories for the day: 1610</b></p>

Notes:

## Tuesday

Breakfast	Lunch	Dinner	Snack 1	Snack 2
<p><b>Cereal, Fruit &amp; Walnuts</b></p> <p>250 mL (1 cup) high-fibre cereal with at least 4 g of fibre 60 ml (1/4 cup) walnuts</p> <p>1 medium pear</p> <p>250 mL (1 cup) skim milk</p> <p><b>Carbohydrate: 60 g (4 choices)</b></p> <p>Fibre 14 g Calories: 536 GS:2 Milk:1 F:1 Meat :0 Fat:3 V:0</p>	<p><b>Pita Pizza, Plums, &amp; Veggies</b></p> <p><i>Pita Pizza</i> ½ small (6") whole wheat pita 15 mL (1 tbsp) low sodium tomato sauce Veggies (tomatoes, peppers, mushrooms) 60 g (2 oz) partly skimmed mozzarella cheese</p> <p>2 medium plums 250 mL (1 cup) carrot and celery sticks 125 mL (½ cup) milk pudding, skim, no sugar added</p> <p><i>Water</i></p> <p><b>Carbohydrate: 45 g (3 choices)</b></p> <p>Fibre: 7 g Calories: 379 GS:1 Milk:1 F:1 Meat:2 Fat:0 V:1.5</p>	<p><b>Baked Salmon, Baked Potato, &amp; Veggies</b></p> <p>60 g (2 oz.) Baked Salmon 1 medium baked potato 250mL (1 cup) frozen broccoli and cauliflower, steamed</p> <p>125 mL (½ cup) canned peaches (packed in light syrup)</p> <p>125 mL (½ cup) skim milk</p> <p><b>Carbohydrate: 52 g (3.5 choices)</b></p> <p>Fibre: 10 g Calories: 459 GS:2 Milk:0.5 F:1 Meat:2 Fat:0 V:1</p>	<p><b>Raw Mixed Veggies with Ranch</b></p> <p>250 mL (1 cup) raw mixed vegetables (carrots, celery, peppers, cucumber) 60mL (¼ cup) low-fat ranch dressing</p> <p><i>Water</i></p> <p><b>Carbohydrate: 0g (0 choices)</b></p> <p>Fibre: 2 g Calories: 176 GS:0 Milk:0 F:0 Meat:0 Fat: 2 V:1</p>	<p><b>Protein Bar</b></p> <p>1 <a href="#">Protein Bar</a></p> <p><i>Water</i></p> <p><b>Carbohydrate: 30g (2 choices)</b></p> <p>Fibre: 4 g Calories: 201 GS:1 Milk:0 F:1 Meat:1 Fat:0 V:0</p> <p><b>Total calories for the day: 1750</b></p>

Notes:

## Wednesday

Breakfast	Lunch	Dinner	Snack 1	Snack 2
<p><b>Toast, Apple, &amp; Scrambled Eggs</b></p> <p>2 slices whole-grain toast 10 mL (2 tsp) non-hydrogenated light margarine 1 small apple</p> <p><i>Scrambled eggs:</i> 1 egg 75 mL (1/3 cup) skim milk 15 mL (1 tbsp) lower-fat cheddar cheese (20% M.F), grated 125 mL (1/2 cup) vegetables, diced, (peppers, onions, tomatoes)</p> <p><i>Tea or coffee</i></p> <p><b>Carbohydrate: 45 g (3 choices)</b></p> <p>Fibre: 6 g Calories: 465 GS:2 Milk:0 F:1 Meat:1.5 Fat:2 V:0.5</p>	<p><b>Salmon Salad &amp; Applesauce</b></p> <p><i>Salmon Salad:</i> 375mL (1 1/2 cup) salad greens 60 g (2 oz.) leftover baked salmon 125 mL (1/2 cup) cherry tomatoes 125 mL (1/2 cup) red pepper, sliced 15 mL (1tbsp) fat-free salad dressing</p> <p>1 small whole-grain roll 125 mL (1/2 cup) unsweetened applesauce</p> <p><i>250 mL (1 cup) skim milk</i></p> <p><b>Carbohydrate: 45 g (3 choices)</b></p> <p>Fibre: 6 g Calories: 410 GS:1 Milk:1 F:1 Meat:2 Fat:0 V:2.5</p>	<p><b>Sweet Chili Tofu Stir-Fry with Brown Rice</b></p> <p>1 serving, 250 mL (1 cup) <a href="#">Sweet Chili Tofu Stir-Fry</a> 150 mL (2/3 cup) brown rice 250 mL (1 cup) cantaloupe</p> <p><i>Water</i></p> <p><b>Carbohydrate: 60 g (4 choices)</b></p> <p>Fibre: 6 g Calories: 309 GS:2 Milk:0 F:1 Meat:1 Fat:0 V:1 Other: 1 (from sauce)</p>	<p><b>Trail Mix</b></p> <p><i>Trail Mix:</i> 60ml (1/4 cup) mixed nuts, unsalted 30 mL (2 tbsp) dried fruit</p> <p><i>Water</i></p> <p><b>Carbohydrate: 15 g (1 choice)</b></p> <p>Fibre: 4 g Calories: 262 GS:0 Milk:0 F:1 Meat: 0 Fat:3 V:0</p>	<p><b>Whole Wheat Pita &amp; Hummus</b></p> <p>75 mL (1/3 cup) hummus 1/2 small (6") whole-wheat pita</p> <p><i>125 mL (1/2 cup) skim milk</i></p> <p><b>Carbohydrate: 30 g (2 choices)</b></p> <p>Fibre: 7 g Calories: 249 GS:1.5 Milk:0.5 F:0 Meat:1 Fat:0 V:0</p> <p><b>Total calories for the day: 1695</b></p>

Notes:

## Thursday

Breakfast	Lunch	Dinner	Snack 1	Snack 2
<p><b>Peanut Butter &amp; Banana Wrap</b></p> <p><i>Peanut Butter &amp; Banana Wrap:</i> 1 small (6") whole-wheat tortilla 30 mL (2 tbsp) peanut butter 1 small banana</p> <p><i>250 mL (1 cup) fortified plain soy beverage</i></p> <p><b>Carbohydrate: 45 g (3 choices)</b></p> <p>Fibre: 6 g Calories: 534 GS:1 Milk:1 F:1 Meat:1 Fat:0 V:0</p>	<p><b>Chicken Bulgur Salad</b></p> <p>250 mL (1 cup) <a href="#">Chicken Bulgur Salad</a></p> <p><i>Green salad:</i> 250 mL (1 cup) salad greens 60 mL (¼ cup) carrot, grated 15 mL (1 tbsp) fat-free salad dressing</p> <p>1 medium apple</p> <p><i>Water</i></p> <p><b>Carbohydrate: 45 g (3 choices)</b></p> <p>Fibre: 6 g Calories: 420 GS:2 Milk: 0 F:1 Meat:1 Fat:2 V:1</p>	<p><b>Baked Pork Chop, Mashed Sweet Potatoes, &amp; Green Beans</b></p> <p>90 g (3 oz.) pork chop, baked 75 mL (1/3 cup) sweet potato, baked and mashed 250 mL (1 cup) green beans, steamed</p> <p>3 gingersnap cookies</p> <p><i>250 mL (1 cup) skim milk</i></p> <p><b>Carbohydrate: 45 g (3 choices)</b></p> <p>Fibre: 5 g Calories: 497 GS:1 Milk:1 F:0 Meat:3 Fat:0 V:1 Other:1 (from cookies)</p>	<p><b>Granola Bar</b></p> <p>1 plain granola bar</p> <p><i>Water</i></p> <p><b>Carbohydrate: 15 g (1 choice)</b></p> <p>Fibre: 1 g Calories: 124 GS:1 Milk:0 F:0 Meat:0 Fat:1 V:0</p>	<p><b>Cheese &amp; Apple Toast</b></p> <p><i>Cheese Apple Toast:</i> 1 Pumpnickel bread, toasted 15 mL (1 tbsp) lower- fat cheddar cheese melted (20% M.F) ½ medium Granny Smith apple, sliced</p> <p><i>Chai tea</i></p> <p><b>Carbohydrate: 22 g (1.5 choice)</b></p> <p>Fibre: 4 g Calories: 136 GS:1 Milk:0 F:0.5 Meat:0.5 Fat:0 V:0</p> <p><b>Total calories for the day: 1711</b></p>

Notes:

## Friday

Breakfast	Lunch	Dinner	Snack 1	Snack 2
<p><b>Rise and Shine Breakfast Sandwich with Fruit Yogurt</b></p> <p>1 <a href="#">Rise and Shine Breakfast Sandwich</a></p> <p>125 mL (1/2 cup) baby carrots</p> <p>175 mL (3/4 cup) fruit yogurt, artificially sweetened</p> <p><i>Tea or coffee</i></p> <p><b>Carbohydrate: 45 g (3 choices)</b></p> <p>Fibre: 6 g Calories: 394 GS:2 Milk:1 F:0 Meat:1 Fat:0 V:0.5</p>	<p><b>Black Bean Couscous Salad</b></p> <p>250 mL (1 cup) <a href="#">Black Bean Couscous Salad</a></p> <p>250 mL (1 cup) red and yellow bell pepper strips</p> <p>250 mL (1 cup) skim milk</p> <p><b>Carbohydrate: 52 g (3.5 choices)</b></p> <p>Fibre: 11 g Calories: 384 GS:2.5 Milk:1 F:0 Meat:1 Fat:0 V:1</p>	<p><b>Beef Roti &amp; Broccoli</b></p> <p><i>Beef Roti:</i></p> <p>1 small (6") whole wheat roti</p> <p>60g, 2oz beef</p> <p>125 mL (1/2 cup) potato, baked and diced</p> <p>125 mL (1/2 cup) onion, sliced and cooked</p> <p>250 mL (1 cup) broccoli, steamed</p> <p>8 pieces (1/4 cup) dried apricots</p> <p><i>Water</i></p> <p><b>Carbohydrate: 45 g (3 choices)</b></p> <p>Fibre: 9 g Calories: 540 GS:2 Milk: 0 F:1 Meat:2 Fat:0 V:1</p>	<p><b>Whole-Wheat Orange Ginger Scone</b></p> <p>1 <a href="#">Whole-Wheat Orange Ginger Scone</a></p> <p>250 mL (1 cup) skim milk</p> <p><b>Carbohydrate: 30 g (2 choices)</b></p> <p>Fibre: 2 g Calories: 189 GS:1 Milk: 1 F:0.Meat:0 Fat:1 V:0</p>	<p><b>Parmesan Popcorn</b></p> <p>750 mL (3 cups) plain popcorn</p> <p>30 mL (2 tbsp) parmesan cheese, shredded</p> <p><i>Water</i></p> <p><b>Carbohydrate: 15g (1 choice)</b></p> <p>Fibre: 4 g Calories: 150 GS:1 Milk:0 F:0 Meat:1 Fat:0 V:0</p> <p><b>Total calories for the day: 1657</b></p>

Notes:

## Saturday

Breakfast	Lunch	Dinner	Snack 1	Snack 2
<p><b>Breakfast Smoothie, Toast, &amp; Hard-Boiled Egg</b></p> <p><i>Breakfast Smoothie:</i> 1 small banana 250 mL (1 cup) frozen strawberries 250 mL (1 cup) skim milk</p> <p>1 whole grain toast 2 tsp (10 mL) non-hydrogenated margarine 1 hard-boiled egg</p> <p><i>Coffee</i></p> <p><b>Carbohydrate: 52 g (3.5 choices)</b></p> <p>Fibre: 7 g Calories: 439 GS:1 Milk :1 F: 1.5 Meat:2 Fat:2 V:0</p>	<p><b>Dahl, Chapatti, &amp; Salad</b></p> <p>1 (6") Chapatti 250 mL (1 cup) dahl or lentils</p> <p><i>Salad:</i> 250 mL (1 cup) salad greens 15 mL (1 tbsp) fat-free salad dressing</p> <p><i>250 mL (1 cup) plain soy milk</i></p> <p><b>Carbohydrate: 60 g (4 choices)</b></p> <p>Fibre: 13 g Calories: 499 GS:3 Milk:1 F:0 Meat:2 Fat:0 V:1</p>	<p><b>Spinach and Mushroom Lasagna with Salad</b></p> <p>1 serving, 10 x 7 cm (3 x 4 inch) piece <a href="#">Spinach and Mushroom Lasagna</a></p> <p><i>Salad:</i> 175 mL (¾ cup) salad greens ½ tomato, diced ¼ cucumber, diced 15 mL (1 tbsp) fat-free salad dressing</p> <p>125 mL (1/2 cup) grapes</p> <p><i>Water</i></p> <p><b>Carbohydrate: 45 g (3 choices)</b></p> <p>Fibre: 8 g Calories: 416 GS:2 Milk:0 F:1 Meat:2 Fat:0 V:2</p>	<p><b>Pear</b></p> <p>1 medium pear</p> <p><i>Water</i></p> <p><b>Carbohydrate: 15g (1 choice)</b></p> <p>Fibre: 5 g Calories: 96 GS:0 Milk:0 F:1 Meat:0 Fat:0 V:0</p>	<p><b>Lightened-Up Guacamole with Chips &amp; Celery</b></p> <p>1 serving, 75 mL (1/3 cup) <a href="#">Lightened-up Guacamole with Chips</a> 125 mL (1/2 cup) celery</p> <p><i>Water</i></p> <p><b>Carbohydrate: 22g (1.5 choices)</b></p> <p>Fibre: 7 g Calories: 236 GS:1.5 Milk:0 F:0 Meat:0 Fat:2 V:1</p> <p><b>Total calories for the day: 1729</b></p>

Note: The underlined recipes in this menu can be found on the Type 2 Diabetes Menu Plan Recipes Handout.

Notes:



**Use this table to make changes to the menu plan to suit your tastes**  
**Sample Carbohydrate Containing Foods 1 serving = 15 g carbohydrate**

<p><b>Grains and Starches choices</b></p> <ul style="list-style-type: none"> <li>• 1 slice bread, ½ small pita or ¼ naan (6"), 1 small chappati, roti, tortilla (6")</li> <li>• 175 mL (¾ cup) cooked hot cereal (oatmeal, cornmeal, cream of wheat)</li> <li>• 125 mL (½ cup) cold cereal, congee, corn, yam or potato</li> <li>• 125 mL (½ cup) cooked whole-grain pasta, couscous or barley</li> <li>• 75 mL (1/3 cup) brown, red or wild rice, plantain, sweet potato</li> </ul> <p>TIP: Use whole-grain breads (rye, pumpernickel, stone ground whole wheat) and high fibre cereals (6 g of fibre per serving)</p>	<p><b>Milk and Alternatives choices</b></p> <ul style="list-style-type: none"> <li>• 175 g (¾ cup) plain yogurt or kefir</li> <li>• 250 mL (1 cup) low-fat milk or plain soy beverage</li> <li>• ½ cup low-fat chocolate milk, evaporated milk, no sugar added pudding</li> </ul> <p>TIP: Drink 500 mL (2 cups) of low-fat milk (skim, 1% or 2%) or soy beverage each day.</p>	<p><b>Fruit choices</b></p> <ul style="list-style-type: none"> <li>• 1 medium (the size of a tennis ball) apple, orange, pear or peach</li> <li>• 500 mL (2 cups) strawberries, blackberries or raspberries</li> <li>• 250 mL (1 cup) blueberries</li> <li>• ½ medium mango, pomegranate</li> <li>• 125 mL (½ cup) canned fruit, drained or unsweetened applesauce</li> <li>• 2 tbsp raisins, 3 tbsp cranberries</li> </ul> <p>TIP: For more fibre, choose whole fruit instead of juice.</p>
<p><b>Meat and Alternatives, fats and oils and most vegetables do not contain carbohydrate</b></p>		
<p><b>Vegetable choices</b>  <i>Fill up on vegetables, but with some exceptions: 1 cup of peas, parsnips, or winter squash = 15 grams of carbohydrate</i>          TIP: Make sure half your plate includes at least two colourful vegetables.</p> <p><b>Fats and Oils</b>          1/6 avocado          1 tbsp (15 mL) nuts (walnuts, peanuts, almonds) or light mayonnaise          ½ tbsp (8 mL) tahini          1 tsp (5 mL) oil, salad dressing (regular, low-fat), butter, regular margarine</p> <p>TIP: Choose healthier fats (canola, olive, sunflower oils, non-hydrogenated margarine). Limit butter, lard, shortening.</p>	<p><b>Meat and Alternatives choices</b></p> <ul style="list-style-type: none"> <li>• 1 oz. of cooked fish, lean beef, pork, chicken, goat, lamb</li> <li>• 125 mL (½ cup) dahl or legumes (dried beans, peas and lentils)  <i>Note: 1/2 cup of legumes = 15 g carbohydrate.</i></li> <li>• 85 g (1/3 cup) tofu</li> <li>• 75 mL (1/3 cup) hummus</li> <li>• 1 egg</li> <li>• 30 g lower fat cheese (20% or less M.F.)</li> <li>• 30 mL (2 tbsp) nut butters (peanut, almond etc.)</li> </ul> <p>TIP: Eat two 2 ½ oz servings of fish a week (salmon, sardines, herring, mackerel and trout).</p>	