

1,800 Calorie Diet Example

Breakfast, Lunch, PM Snack, Dinner, HS snack

Meal:	Food Item:	Portion Size:	Exchanges:		
			Starch	Fruit	Milk
Breakfast	sugar-coated cereal	1 cup	2	1	1
	1% milk	1 cup			
	banana, small	1 piece			
	toast	1 slice			
	butter	1 tbsp			
Lunch	whole wheat bread	2 slices	3	n/a	1
	deli ham	2 oz			
	ice burg lettuce	1 leaf			
	tomato	1/4 cup			
	onion	1/4 cup			
	cucumber	1 1/2 cup			
	yogurt	6 oz			
	pretzels	3/4 oz			
PM Snack	english muffin	1/2 piece	1	1	1
	peanut butter	1 tbsp			
	apple, small	1 piece			
Dinner	prime rib	3 oz	3	n/a	1
	baked potato with skin	3/4 large			
	broccoli	1 cup			
	cauliflower	1 cup			
	milk	1 cup			
HS Snack	strawberries	1 1/4 cup	n/a	1	1
	1 cup milk	1 cup			

2,000 Calorie Vegan Diet Insulin Pump Example

Breakfast, Lunch, Dinner, HS snack

Meal:	Food Item:	Portion Size:	Exchanges:	
Breakfast	pancakes 4"	3 each	Starch: 3	Fruit: 2
	syrup	2 Tbs		
	orange juice	1 cup		
	bacon sstrips (soy-based)	6 each		
Lunch	corn tortilla	2 each	Starch: 4	Fruit: 1
	refried beans	1/2 cup		
	corn	1/2 cup		
	pear, canned	1/2 cup		
	vegetable juice	1 cup		
Dinner	meatless burger (soy based)	6 oz	Starch: 3	Fruit: 2
	hamburger bun	1 each		
	baked potato chips	3/4 oz		
	grape juice	2/3 cup		
	mixed veggies	1 cup		
HS Snack	sliced cucumber	1/2 cup	Starch: 2	Fruit: n/a
	sliced totmato	1/2 cup		
	toast	2 slices		
	margarine	1 tsp		

3,000 Calorie Diet Example

Breakfast, AM Snack, Lunch, PM Snack, Dinner, HS snack

Meal:	Food Item:	Portion Size:	Exchanges:		
			Starch	Fruit	Milk
Breakfast	waffles 4"	2 each	4	1	1
	ligh tsyrup	4 tbsp			
	1% milk	1 cup			
	blueberries	3/4 cup			
AM Snack	Grahm Cracker 2 1/2"	6 pieces	1	n/a	1
	yogurt	6 oz			
Lunch	spaghetti	2/3 cup	5	n/a	1
	spaghettie pasta sauce	1/2 cup			
	lean groung beef	3 oz			
	roll	1 oz			
	corn on the cob	5 oz			
	1% milk	1 cup			
	asparagus	1 cup			
PM Snack	peaches canned	1 cup	1	1	n/a
	rice cakes 4"	2 each			
Dinner	brown rice	1 cup	6	n/a	n/a
	salmon	3 oz			
	gravy	1 cup			
	peas	1/2 cup			
	Biscuit 2 1/2"	1 each			
	cauliflower	1 cup			
HS Snack	apple, small	1 each	n/a	1	2
	peanut butter	2 tbsp			
	1% milk	2 cups			
	celery	1 cup			

Diet #1: 2200 kcal ADA diet

	B	AM Snack	L	PM Snack	D	HS Snack	Total Exchanges	%C	%P	%F
Starch	2		3		4	1	10	15 150	3 30	1 10
Meat			2		3	1	6		7 42	2 5 12
Vegetables			2		3		5	5 15	2 6	8
Fruit	2		2			1	5	15 75		
Milk	1.5		.5		1.5	.5	4	12 48	8 32	1 5 8 4
Fat							8			5 40
Goal	78		78		78	39	Total grams	288	110	66
TOTAL	78		81		39	36	Total Kcals	1152	440	594

TOTAL: 2186 kcal

Diet #2: 4200 kcal ADA diet for an athlete who wears a pump

	B	AM Snack	L	PM Snack	D	HS Snack	Total Exchanges	%C	%P	%F
Starch	3	1	8	4	8	4	28	15 420	3 84	1 28
Meat	2		4	2	6	6	15		7 106	2 5 8 75
Vegetables			2	1	2	2	5	5 --	2 --	
Fruit	2	3		1			6	15 90		
Milk	1		1	1			4	12 48	8 32	1 5 8 4
Fat							3			5 15
Goal							Total grams	558	222	122
TOTAL	87	60	132	87	120	72	Total Kcals	2232	888	1098

TOTAL: 4218 kcal

Diet #3: 1800 kcal ADA diet

	B	AM Snack	L	PM Snack	D	HS Snack	Total Exchanges	%C	%P	%F
Starch	2		3	1	3		9	15 135	3 27	1 9
Meat			2	1	3		6		7 42	2 5 8 12
Vegetables			2		2		4	5 --	2 --	
Fruit	1			1		1	3	15 45		
Milk	1		1		1	1	4	12 48	8 32	1 5 8 4
Fat							6			5 30
Goal							Total grams	228	101	55
TOTAL	87	60	132	87	120	72	Total Kcals	912	404	495

TOTAL: 1811 kcal

Diet #4: 1500 kcal ADA diet

	B	AM Snack	L	PM Snack	D	HS Snack	Total Exchanges	%C	%P	%F
Starch	3		3		2		8	15 120	3 24	1 8
Meat			2		2		4		7 28	2 5 8
Vegetables			1		1	1	3	5 --	2 --	
Fruit	1				1	1	3	15 45		
Milk			1		1	1	3	12 36	8 24	1 5 8 3
Fat							5			5 25
Goal							Total grams	201	76	44
TOTAL	87	60	132	87	120	72	Total Kcals	804	304	396

TOTAL: 1504 kcal

Diet #5: 3000 kcal ADA diet

	B	AM Snack	L	PM Snack	D	HS Snack	Total Exchanges	%C	%P	%F
Starch	4	2	5	1	6		18	15 270	3 54	1 18
Meat			3		3	2	8		7 56	2 5 8 16
Vegetables			1		1	1	3	5 --	2 --	
Fruit	1			2		1	4	15 60		
Milk	1	1	1			2	5	12 60	8 40	1 5 8 5
Fat							11			5 55
Goal							Total grams	390	150	94
TOTAL	87	60	132	87	120	72	Total Kcals	1560	600	846

TOTAL: 3006 kcal

Diet #5: 3000 kcal ADA diet

	B	AM Snack	L	PM Snack	D	HS Snack	Total Exchanges	%C	%P	%F
Starch	4	2	5	1	6		18	15 270	3 54	1 18
Meat			3		3	2	8		7 56	2 5 8 16
Vegetables			1		1	1	3	5 --	2 --	
Fruit	1			2		1	4	15 60		
Milk	1	1	1			2	5	12 60	8 40	1 5 8 5
Fat							11			5 55
Goal							Total grams	390	150	94
TOTAL	87	60	132	87	120	72	Total Kcals	1560	600	846

TOTAL: 3006 kcal