

DIABETIC NUTRITIONAL COMPARISON

Patient: _____ | Date: _____

Target: 1,800 kcal/day

MEALTIME	FOOD ITEM / DESCRIPTION	PORTION	CALORIES	NET CARBS	PROTEIN	FIBER	GI SCORE
Breakfast	Steel-cut oats with blueberries	1 cup	150	27g	5g	4g	Low
Lunch	Grilled chicken salad with avocado	350g	420	12g	35g	8g	Low
Snack	Raw almonds (unsalted)	28g	160	3g	6g	3.5g	Low
Dinner	Baked salmon with steamed broccoli	400g	510	9g	42g	5g	Low
Supper	Greek yogurt (plain)	150g	100	6g	15g	0g	Low

Total Calories **1,340 kcal**

Total Net Carbs **57g**

Total Protein **103g**

Avg. Glycemic Load **Low**

* This chart is a template for informational purposes only. Consult with a registered dietitian for personalized medical nutrition therapy.