

DIABETES DIET BLUEPRINT

FOOD GROUP	OPTIMAL SERVINGS PER DAY	FOOD EXAMPLES AND SERVING SIZES	CALCIUM-RICH-FOODS 5-8 SERVINGS PER DAY
Nonstarchy Vegetables	5 or more 7+ even better	Raw or cooked vegetables, ½ cup (125 ml); raw leafy vegetables, 1 cup (250 ml); vegetable juice, ½ cup (125 ml)	Bok choy, broccoli, collard greens, kale, napa cabbage, okra, 1 cup (250 ml) cooked, or 2 cups (500 ml) raw
Fruits	3 or more	Whole Fruit, medium-sized, fruit, raw or cooked, ½ cup (125 ml); dried fruit, ¼ cup (60 ml)	Oranges, 2; dried figs, ½ cup (125 ml)
Legumes	3 or more	Cooked beans, peas, or lentils, bean pasta, or tofu or tempeh, ½ cup (125 ml); raw peas or sprouted lentils, mung beans, or peas, 1 cup (250 ml); vegetarian meat substitute, 1 oz (30 g); fortified soy milk, 1 cup (250 ml)	Black or white beans, 1 cup (250 ml); calcium-set tofu, ½ cup (125 ml); fortified soy milk or soy yogurt, ½ cup (125 ml)
Whole Grains and Starchy Vegetables	2 or more	Cooked whole grains or starchy vegetables, ½ cup (125 ml); 1 oz (30 g) very dense whole-grain bread	-
Nuts and Seeds	2-3	2 Tbsp (30 ml) nuts or seeds; 1 Tbsp (15 ml) nut or seed butter	Almonds or chia or sesame seeds, ¼ cup (60 ml); almond butter or tahini, 2 Tbsp (30 ml)
Herbs and Spices	3 or more	¼ - ½ tsp (1-2 ml) ground spice; 1 tsp (5 ml) dried herbs; 1 Tbsp (15ml) fresh herbs	-