

Food for a Day

What do 1,600 healthful calories look like?

Here's one example | By Stephanie Dunbar, RD, MPH

Let's get it on the table: There's no single "right" diet for diabetes health. Instead, the goal is an eating plan that delivers the energy and nutrients you need without excess calories, helps you manage blood glucose and other health conditions, and is enjoyable.

As an example, these photos show 1,600 calories spread across three meals and two snacks. This balanced mix of common foods maximizes vitamins and minerals, fiber, and healthful fats while limiting saturated and trans fats, excess sodium, and "empty" calories from added sugars.

You may not like the foods shown; that's OK. A personalized eating plan includes favorites and should allow for swaps. A registered dietitian or certified diabetes educator can help you design a plan.

Good nutrition doesn't happen in a single day. But mapping out a day's worth of healthful eating is an excellent place to start.



Breakfast

- 1 whole wheat English muffin
- 2 Tbsp. peanut butter
- 1 cup nonfat milk

Per Meal:

Calories 405, Fat 18 g (Sat. Fat 3.7 g), Carbohydrate 45 g (Fiber 6 g, Sugars 21 g), Cholesterol 5 mg, Sodium 560 mg, Potassium 730 mg, Protein 22 g, Phosphorus 550 mg

Choices: Starch 2, Fat-Free Milk 1, High-Fat Protein 2

Lower-Carb Swaps:

6 oz. plain or light nonfat Greek yogurt instead of milk and a hard-boiled egg instead of half the English muffin. Save: 18 g carbohydrate

Calories

Based on your age, gender, activity level, and whether or not you want to lose weight, you may need more or less than 1,600 calories daily.

Snack

- ½ banana
- 2 Tbsp. sunflower seeds

Per Snack: Calories 150, Fat 8 g (Sat. Fat 0.9 g), Carbohydrate 18 g (Fiber 3 g, Sugars 8 g), Cholesterol 0 mg, Sodium 0 mg, Potassium 360 mg, Protein 4 g, Phosphorus 200 mg

Choices: Fruit 1, Fat 2

Photographs by Kyle Dreier, styling by Whitney Kemp