

Meal Ideas for Diabetes and Dialysis

<p>Breakfast:</p> <ul style="list-style-type: none"> -2 scrambled eggs -½ cup apple juice (15 g) -1 slice white toast (15 g) -1 tsp butter -1 cup cooked oatmeal (30 g) <p>=60 gm carbohydrate</p>	<p>Breakfast:</p> <ul style="list-style-type: none"> -½ cup cranberry juice (15 g) -2 hard boiled eggs -1 English muffin (30 g) -1 tsp butter <p>=45gm carbohydrate</p>	<p>Breakfast:</p> <ul style="list-style-type: none"> -½ cup rice milk (15 g) -1 cup puffed rice cereal (15 g) -1 cup hot tea w/ lemon -1 small apple (15 g) <p>=45 gm carbohydrate</p>
<p>Lunch:</p> <ul style="list-style-type: none"> -3 oz turkey on 2 slices of white bread (30 g) -½ cup of grapes (15g) -Lettuce salad w/ dressing -2 small cookies (3 inches across) (15 g) -1 cup water <p>=60 gm carbohydrate</p>	<p>Lunch:</p> <ul style="list-style-type: none"> -3 oz baked lemon pepper chicken breast -1 small white roll (15 g) with 1 tsp butter -1 cup cooked white rice (45 g) -½ cup green beans -½ cup canned pears in own juice (15 g) -1 cup water <p>= 75 gm carbohydrate</p>	<p>Lunch:</p> <ul style="list-style-type: none"> -1 cup tuna salad on 1 cup of lettuce -5 crackers (15 g) -1 small apple (15 g) -Small slice of angel food cake (1/12th of a cake, 2 oz) (30 g) w/ ½ cup fresh strawberries (15 g) -1 cup water <p>=75 gm carbohydrate</p>
<p>Dinner:</p> <ul style="list-style-type: none"> -1 cup cubed steak and pepper stir fry -¾ cup cooked rice (30 g) -1 small white roll w/ 1 tsp butter (15 g) -½ cup broccoli -½ cup canned peaches in own juice (15g) -1 cup water <p>=60 gm carbohydrate</p>	<p>Dinner:</p> <ul style="list-style-type: none"> -3-6 oz salmon -1 cup cooked buttered noodles (45 g) -½ cup mixed vegetables -1 small slice (2 inch square) of yellow cake w/ frosting (30 g) -1 cup water <p>=75 gm carbohydrate</p>	<p>Dinner:</p> <ul style="list-style-type: none"> -3-6 oz pork chop -1 small baked apple with cinnamon (15 g) -1 small white dinner roll (15 g) with 1 tsp butter -½ cup corn (15 g) -½ cup grapes (15 g) -1 cup water <p>=60 gm carbohydrate</p>