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1800 Calorie Diabetic Diet, Basic

What is it? An 1800 calorie diabetic diet means eating no more than 1800 calories of food each day. You may need this diet to control your blood sugar or lose weight. Or lower your risk for heart problems.

- Blood sugar is the amount of glucose (simple sugar) in your blood. Glucose is the main source of energy for your body. Glucose comes from carbohydrates in your diet.
- A diabetic diet limits how much carbohydrate (kar-bo-hi-drate), fat, and protein you eat. An 1800 calorie diet is low in calories and fat.

Care:

- Ask your caregiver for the diabetic exchange diet CareNote to [learn](#)  more about serving sizes. Your caregiver will tell you when to eat meals and snacks to control your diabetes. Talk with your caregiver if your blood sugar levels are too low or too high.
- A sample of an 1800 calorie diet is listed below. You can exchange or trade one food for another from the same food group. For example, you can choose 1 slice of bread instead of 3/4 cup of another dry cereal. Or you can choose 1/2 cup fruit juice instead of 1-1/4 cups of melon.

Serving Sizes: Use the list below to measure foods and serving sizes. A serving size means the size of food after it is cooked or prepared.

- 1 pint or 2 cups (16 fluid ounces) of liquid is the size of 1-1/3 soda-pop cans.
- 1-1/2 cup (12 fluid ounces) of liquid is the size of a soda-pop can.
- 1 cup of food is the size of a large handful, or 8 fluid ounces of liquid.
- 1/2 cup of food is about half of a large handful, or 4 fluid ounces of liquid.
- 2 tablespoons (Tbsp) is about the size of a large walnut.
- 1 tablespoon (Tbsp) is about the size of the tip of your thumb (from the last crease).
- 1 teaspoon (tsp) is about the size of the tip of your little finger (from the last crease).
- 3 ounces of cooked meat, fish, or poultry is about the size of a deck of cards.
- 1 ounce of cooked meat, fish, or poultry is about 1/4 cup (c).

- One ounce of hard cheese is about a 1 inch cube.
- A serving of vegetables is 1/2 cup (1/2 handful) cooked, or 1 cup (1 handful) raw.

SAMPLE 1800 CALORIE MENU

Breakfast

- 2 breads or starches, such as one 2 ounce bagel (frozen kind) or 1-1/2 cups bran cereal
- 1 fruit, such as 1-1/4 cups strawberries or 1/2 of a large banana
- 1 milk, such as 1 cup skim or 1% milk or 1 cup nonfat sugar-free yogurt
- 1 fat, such as 1 tsp margarine or 1 Tbsp cream cheese

Lunch

- The following foods can be combined to make a taco salad:
 - 2 ounces meat or protein, such as cooked ground turkey breast
 - 1 ounce meat or protein, such as grated lowfat colby cheese
 - 1 vegetable, such as 1/2 cup chopped fresh tomato
 - 1 vegetable, such as 1/2 cup mild salsa
 - 1 free food, such as 2 cups shredded lettuce
 - 2 breads or starches, such as 2 ounces baked taco chips
 - 1 free food, such as 2 Tbsp fat-free ranch salad dressing
- Add the following foods for lunch:
 - 1 fruit, such as 1 small orange or 1/2 large pear
 - 1 free food, such as 12 ounces sugar-free soda pop

Afternoon Snack

- 1 milk, such as 1 cup skim milk or 1 cup nonfat sugar-free yogurt
- 1 bread, such as three 2-1/2 inch squares graham crackers

Dinner

- 3 ounces meat or protein, such as baked cod or salmon
- 2 starches, such as 2/3 cup cooked brown rice
- 2 vegetables, such as 1 cup steamed asparagus and 1/2 cup cooked carrots
- 1 fat, such as 1 tsp margarine or 1 tsp olive oil
- 1 fruit, such as 3/4 cup fresh pineapple
- 1 milk, such as 1 cup skim milk

Evening Snack

- 1 bread, such as 3 cups air-popped popcorn

- 1 meat or protein, such as 1/4 cup lowfat cottage cheese or 1 ounce turkey breast

CALL YOUR CAREGIVER IF:

- You have questions about the serving sizes in this diabetic diet.
- You have questions about how to prepare or cook foods on this list.
- You have questions about how or where to buy foods on this list.
- You have questions or concerns about this food list, your illness, or medicine.

Care Agreement

You have the right to help plan your care. To help with this plan learn about this diet. You can then discuss your treatment options with your caregiver. You can work with them to decide what care will be used to treat you. You always have the right to refuse treatment.