

THE DIABETES YOUTH FOUNDATION OF INDIANA, INC.

PLEASE CHOOSE A MEAL PLAN BY DIET NUMBER AND MAIL IN OR BRING TO CAMP.

**MEAL PLAN WITH MILK**

CALORIES	1200	1500	1800	2000	2250	2500	3000	3500	4000
DIET #	1	2	3	4	5	6	7	8	9

BREAKFAST

CARBS-GMS	51	65	72	87	95	102	129	144	159
MILK	0.5	1	1	1	1	1	2	2	2
FRUIT	1	1	2	2	2	2	2	3	3
BREAD	2	2.5	2	3	3.5	4	5	5	6
MEAT	0	0	1	1	1	1	2	2	2
FAT	1	1	2	2	2	2	2	2	3

LUNCH

CARBS-GMS	56	62	77	77	92	107	122	139	169
MILK	0.5	1	1	1	1	1	1	2	2
VEGETABLE	1	1	1	1	1	1	1	2	2
FRUIT	1	1	1	1	2	2	2	2	3
BREAD	2	2	3	3	3	3	5	5	6
MEAT	2	2	2	2	3	3	3	4	5
FAT	0	1	1	1	1	1	2	2	2

DINNER

CARBS-GMS	56	62	77	92	97	104	124	154	169
MILK	0.5	1	1	1	2	2	2	2	2
VEGETABLE	1	1	1	1	1	1	2	2	2
FRUIT	1	1	1	2	1	2	2	3	3
BREAD	2	2	3	3	3.5	3	4	5	6
MEAT	2	2	2	3	3	4	4	5	6
FAT	1	1	1	1	1	2	2	2	2

SNACK	LITTLE	LITTLE	LITTLE	LITTLE	BIG	BIG	BIG	BIG	BIG
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SEE BELOW FOR MEAL PLAN WITHOUT MILK

CAMPER NAME: \_\_\_\_\_

## MEAL PLAN WITHOUT MILK

CALORIES	1200	1500	1800	2000	2250	2500	3000	3500	4000
<b>DIET #</b>	<b>10</b>	<b>11</b>	<b>12</b>	<b>13</b>	<b>14</b>	<b>15</b>	<b>16</b>	<b>17</b>	<b>18</b>

### BREAKFAST

CARBS-GMS	45	60	75	90	90	105	120	150	165
MILK	0	0	0	0	0	0	0	0	0
FRUIT	1	1	2	2	2	2	2	3	3
BREAD	2	3	3	4	4	5	6	7	8
MEAT	1	1	2	2	2	2	2	3	3
FAT	1	2	2	2	2	2	3	2	3

### LUNCH

CARBS-GMS	50	65	65	80	95	95	125	145	160
MILK	0	0	0	0	0	0	0	0	0
VEGETABLE	1	1	1	1	1	1	1	2	2
FRUIT	1	1	1	1	2	2	2	2	3
BREAD	2	3	3	4	4	4	6	7	7
MEAT	2	2	3	3	4	4	5	6	6
FAT	0	1	1	1	1	2	3	3	4

### DINNER

CARBS-GMS	50	65	80	80	95	110	130	145	175
MILK	0	0	0	0	0	0	0	0	0
VEGETABLE	1	1	1	1	1	1	2	2	2
FRUIT	1	1	1	2	2	2	2	3	3
BREAD	2	3	4	3	4	5	6	6	8
MEAT	3	3	3	4	5	5	6	6	7
FAT	1	1	1	1	1	2	3	3	4

SNACK	LITTLE	LITTLE	LITTLE	LITTLE	BIG	BIG	BIG	BIG	BIG
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**LITTLE SNACK (APPROX 100CAL - 15 g CHO)**

1 bread or 1 fruit or 1 milk  
1 fat      1 meat

**BIG SNACK (APPROX 200 CAL - 30 g CHO)**

2 bread or 1 milk or 1 fruit or 2 bread  
1 meat    1 bread    1 bread    2 fat  
2 fat

**SUPER BIG SNACK (APPROX 300CAL-45 g CHO)**

2 bread    2 bread or 2 milk or 2 fruit  
1 meat    1 meat    1 bread    1 bread  
1 milk    1 fat                    2 fat  
1 fruit