

# Type 1 Diabetic Meal Plan

## Patient Information

Name	
Date of Birth	
Patient ID	
Date of Plan	

## Food List for Meal Options

Food Category	Recommended Options
Proteins	Chicken, turkey, fish, tofu, eggs, low-fat cheese
Carbohydrates	Whole grains (brown rice, quinoa), whole wheat bread, oats
Fruits	Berries, apples, pears, oranges (in moderation)
Vegetables	Leafy greens, broccoli, bell peppers, carrots, zucchini
Healthy Fats	Avocado, nuts, seeds, olive oil
Dairy	Low-fat milk, Greek yogurt, low-fat cottage cheese
Snacks	Hummus, nut butters, unsalted nuts, fresh veggies

## Meal Plan

Time of Day	Meal Options	Nutritional Notes
Breakfast		
Mid-Morning Snack		
Lunch		
Afternoon Snack		

Dinner		
Evening Snack		

**Additional Nutritional Advice**

**Doctor's Signature**

Name & Signature	Date