

50-30-20 Diet

Studies have shown that changing the macronutrient composition of your diet may help with glycemic control and weight loss. Glycemic control refers to the typical levels of blood sugar (glucose) in a person with diabetes. It has been suggested that many of the long-term complications of diabetes, especially the microvascular complications result from many years of elevated blood sugar levels (hyperglycemia). Good glycemic control has become an important goal of diabetes care.

This diet is composed of fifty percent of calories from fat with a majority of fats coming from monounsaturated fatty acids and thirty percent of calories coming from lean protein and twenty percent low glycemic index carbohydrates.

You should be under the care of a physician and a registered dietitian during this time.

Food Choices Guide 50-30-20 Menu

	Choose more often:	Choose less often:
Protein sources		
	Almonds Cottage Cheese Cream cheese Egg whites Feta Cheese Fish Halibut Lentils Low fat/skim milk Nuts Part skim mozzarella cheese Plain yogurt Poultry with the skin removed Protein Powder Pumpkin seeds Salmon Scallops Seeds Sesame seeds Shellfish Shrimp Soy milk Soy yogurt Soybeans Tofu Tuna	Bacon Beef Bologna Breaded fish Hot dogs Liverwurst Pepperoni Pork Processed lunch meats Salami Sausage Seafood prepared with butter Whole eggs

	Walnuts	
Fats and oils		
	Almond butter Almonds Avocados Canola oil Cashews Extra virgin olive oil Feta Cheese Flaxseed oil Grape seed oil Macadamia nuts Olives Part-skim mozzarella cheese Peanut Peanut butter Pecans Pistachio nuts Pumpkin seeds Sunflower seeds	Butter Cheese Chocolate Coconut milk Coconut oil Coconut Ice cream Mayonnaise Partially hydrogenated Vegetable oil Red meat Whole milk
Carbohydrates		
	Apple Artichokes Barley Bell pepper strips Black Beans Blackberries Blueberries Carrots Celery Cherries Chickpeas Cucumber Dried apricots English muffin Grapefruit Grapes Green beans Grits Kidney Beans Kiwi fruit Lentils Mango Oatmeal Orange Peach	Candy Corn Corn Flakes Corn syrup Cream of wheat Fruit Juice from concentrate Peas Potatoes Refined sugar Rice Soft Drinks Sweet potato White Bread White pasta White rice

	Pear Pineapple Pinto Beans Plums Popcorn Raisins Rye meal Sourdough Spelt Sweet Potato Unsweetened applesauce Vegetables Whole wheat bread	
--	--	--

50-30-20 Diet Sample Menu

	Day 1	Day 2	Day 3	Day 4
Breakfast	1 C Cottage cheese 1 C Cantaloupe 1 C Chocolate soy milk	4 Egg whites scrambled with 1 egg ½ C Salsa 1 oz Cheddar cheese 1 Slice whole wheat toast with 1 T almond butter	Veggie Omelet: 4 Egg whites with 1 egg 1 C Cooked Mushrooms 1 C Cooked spinach 1 oz Cheddar Cheese Orange	½ Whole wheat bagel with 1 T cream cheese and 3 oz lox 1 C Strawberry halves
Lunch	Spinach Salad 2 C Spinach 1 oz Walnuts 1 oz Feta cheese 1 C Strawberry halves 2 T Balsamic Vinegar & oil 5 oz Grilled chicken breast Whole Wheat Dinner Roll	5 oz Salmon 1 C Zucchini steamed 1 C Cherries	Tomato Salad: 1 Sliced large tomato 2 T Balsamic Vinegar & oil 2 oz Mozzarella cheese	Tuna Salad: 5 oz Ahi Tuna 2 C Green leaf lettuce 1 Hard boiled eggs 1 oz Cheddar cheese ½ Avocado Tomato chopped 2 T Balsamic vinegar & olive oil
Dinner	4 oz Halibut ¾ C Couscous 1 C Steamed broccoli 1 C Steamed carrots	1 C Cooked whole wheat pasta with ¾ C tomato sauce 10 Shrimp 1 C Green beans	5 oz Grilled chicken breast ⅓ C Cooked brown rice 1 C Grilled yellow, red and green sweet peppers with 1 T olive oil	1 C Soy milk 5 oz Roasted turkey 6 Spears Asparagus with 2 T Balsamic vinegar & olive oil 1 oz Walnuts
Snacks	1 oz Pecans 2 Hard boiled eggs 1 oz Cashews	4 oz Olives	½ Avocado stuffed with 3 oz crab salad 1 oz Almonds	1 oz Peanuts 1 C Blueberries in 1 C Cottage cheese

* This menu is based on an average of 1800 calories per day. With 50% calories coming from fat, 30% of those monounsaturated fats, 30% calories protein and 20% calories low glycemic index carbohydrates.