1200 Calorie Diabetic Diet PDF: Simple 47-Food Printable

Free printable. Full guide and tips: https://betterlifecarez.com/1200-calorie-diabetic-diet-pdf/

Your 1200 Calorie Diabetic Diet PDF: 47-Food List

All numbers are approximate, rounded from USDA FoodData Central. Carbs are total grams per serving. Brands vary, so check the label on what you buy.

Non-Starchy Vegetables: Eat Freely

Food	Serving	Carbs (g)	Calories	Note
Spinach, raw	2 cups	~2	~15	Salad or omelet base
Romaine lettuce	2 cups	~3	~15	Bulks up any lunch
Broccoli, cooked	1 cup	~11	~55	About 5 g fiber
Cauliflower, raw	1 cup	~5	~25	Rice it as a swap
Green beans, cooked	1 cup	~10	~45	Canned low-sodium works
Zucchini, raw	1 cup	~4	~20	Spiralize for noodles
Bell pepper	1 medium	~7	~30	Great raw snack
Cucumber	1 cup sliced	~4	~15	Crunch, almost no carbs
Tomato	1 medium	~5	~20	Fresh or canned
Mushrooms, raw	1 cup	~2	~15	Meaty texture, few calories

Lean Proteins and Dairy: Anchor Every Meal

Food	Serving	Carbs (g)	Calories	Note
Chicken breast, skinless	3 oz cooked	0	~140	Deck-of-cards size
Salmon	3 oz cooked	0	~160	Omega-3 fats
Tuna in water	3 oz	0	~100	Cheap pantry staple
Shrimp	3 oz cooked	~0	~85	Cooks in minutes
Ground turkey, 93% lean	3 oz cooked	0	~170	Tacos, chili, bowls
Egg	1 large	~0.5	~70	Easy breakfast protein
Firm tofu	3 oz	~2	~70 to 120	Varies by brand
Plain nonfat Greek yogurt	3/4 cup	~6	~100	Skip fruit-on-the-bottom
Low-fat cottage cheese	1/2 cup	~4	~90	High-protein snack
Fat-free milk	1 cup	~12	~85	Counts as a carb
Unsweetened almond milk	1 cup	~1	~35	Low-carb milk swap

Smart Carbs: Eat in Measured Portions

Food	Serving	Carbs (g)	Calories	Note
Rolled oats	1/2 cup dry	~27	~150	Skip flavored packets
Brown rice	1/3 cup cooked	~15	~70	Measure, don't eyeball
Quinoa	1/3 cup cooked	~13	~75	A bit more protein
Whole wheat bread	1 slice	~12	~80	Check label for fiber
Whole wheat pasta	1/3 cup cooked	~13	~60	Cook it al dente
Sweet potato, baked	1/2 medium	~12	~50	Keep the skin on
Corn tortilla	1 (6 inch)	~11	~55	Two make taco night
Black beans	1/2 cup cooked	~20	~115	Carb plus protein
Lentils	1/2 cup cooked	~20	~115	About 8 g fiber

Fruit: Moderate, One Serving at a Time

Food	Serving	Carbs (g)	Calories	Note
Strawberries	1 cup halves	~12	~50	Lots of fiber
Blueberries	3/4 cup	~16	~65	Frozen works fine
Apple	1 small	~20	~75	Pair with protein
Orange	1 medium	~15	~60	Eat it, don't juice it
Kiwi	1 medium	~10	~40	Built-in portion control
Banana	1 small	~23	~90	Less ripe is gentler

Healthy Fats: Small Amounts, Big Calories

Food	Serving	Carbs (g)	Calories	Note
Avocado	1/4 medium	~4	~80	Fiber plus filling fat
Olive oil	1 tsp	0	~40	Measure, don't pour
Almonds	1/2 oz (about 11)	~3	~80	Pre-portion into bags
Peanut butter	1 tbsp	~3	~95	Choose no-sugar-added
Chia seeds	1 tbsp	~5	~60	Mostly fiber

Limit or Avoid: Big Blood Sugar Movers

Food	Serving	Carbs (g)	Calories	Note
Regular soda	12 oz can	~39	~150	Try sparkling water
Orange juice	1 cup	~26	~110	Whole orange instead
Plain bagel	1 medium	~53	~270	Equals 4 bread slices
Glazed doughnut	1 medium	~25	~240	Rare treat only
Sweetened coffee drink	16 oz	Often 35+	Often 250+	Check menu nutrition facts
White rice, takeout size	1 1/2 cups	~67	~310	Eat a third

A Simple 1,200 Calorie Day Framework

Meal	Calories (approx.)	Carbs (approx. g)	Example build
Breakfast	~300	~25 to 40	2 eggs, toast, strawberries
Lunch	~350	~30 to 45	Salad, chicken, quinoa
Dinner	~400	~30 to 45	Salmon, broccoli, sweet potato
Snack	~150	~10 to 15	Greek yogurt, few berries

- **Half the plate:** non-starchy vegetables.
- **A quarter:** lean protein.
- **A quarter:** one measured smart carb.
- **Pair carbs:** always with protein or fat.
- **Don't skip meals:** steady timing means steadier sugar.
- **Drink:** water or unsweetened drinks.