

NEWeighs Fact Sheet

Mini-Meal Ideas

(150-300 Calories)

**To prevent hunger, try to eat less, more often, earlier in the day – before 6:00 pm.
It is important for diabetic patients to eat every 3 to 4 hours throughout the day.
Mix and match at least 1 from Column A and 1 from Column B.**

Column A

Column B

Plant Foods:	Primarily Animal foods:
CARBOHYDRATES Vegetable/Bread/Fruit Cereal and Grain Products	PROTEINS/FATS Fish/Poultry/Meats/Milk Cheese/Nuts/Beans Seeds
1 cup spaghetti/tomato sauce	2 oz. melted cheese
3 vanilla cookies	Lo fat pudding/4 oz. Skim milk
1-1/2 cups pepper, onions, mushrooms, broccoli, rice	Stir fried marinated chicken – 4 oz.
½ large pita bread	1 cup cottage cheese & chopped scallions
1-1/2 grilled tomato	1 oz. cheese melted on top
2 roasted potatoes grilled onions & peppers	4 oz. kielbasa (hi fat)
1-1/2 cups rice	6 oz. grilled chicken
2 slices lo cal cinnamon bread	2 Tbsp. peanut butter Fruit preserve
1 small pita bread/lettuce, tomato	2 oz. chicken
½ cup fruit cocktail	¼ cup cottage cheese
1 cup stir fried vegetables over 1 cup brown rice	4 oz. tuna
¾ cup high fibre cereal	4 oz. skim milk
½ cup brown rice/1 cup broccoli	3 oz. sword fish
2 slices whole wheat bread with lettuce, tomato & low fat mayo	2 oz. turkey
Baked potato with salsa Green beans	3 oz. steak tips 3 oz. vanilla frozen yogurt
4 graham crackers	6 oz skim milk
Caesar salad	3 oz. chicken
1 small corn muffin	1 cup lemon yogurt

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½ cup peaches + 1 slice lo cal bread	1 cup cottage cheese
1 cup broccoli	4 oz. tuna + 2 slices skim milk cheese
1 large tossed salad	1 cup of yogurt/Dijon mustard dressing - mixed to taste
1 small slice Angel Cake 1 cup strawberries	1 cup fortified skim milk
1 small pita bread, small apple + cucumber 6 oz. V8 or tomato juice (salt free preferred)	2 oz. humus (chick pea spread) or 2 oz. low fat cheese
3 cups popcorn	1 oz. Parmesan cheese (high in salt)
2 slices whole wheat bread	1 oz. turkey + 1 oz. low fat cheese
thinly sliced cucumbers	mixed into 1 cup nonfat yogurt
½ small banana, raisins 2 slices lo cal high fibre bread	Nut butter sandwich 1 cup fortified skim milk
steamed mixed vegetable medley baked potato with yogurt curry sauce	4 oz. chicken, ½ cup yogurt add curry in yogurt to taste
stir fried vegetables over 1-1/2 cups (brown) rice	4 oz. lean beef strips chicken or fish (preferred)
1 corn tortilla, rolled over small salad or shredded lettuce (mild or hot sauce optional)	½ cup beans, chili, chicken or meat 1 oz. low fat cheese melted on top
1 cup whole grain, rice, buckwheat	1 oz. melted low fat cheese
2 slices lo cal high fibre bread	1 egg for French Toast 1 Tbsp. nut butter, 1 cup milk
Grilled sandwich/pickle (high sodium) Peach	2 oz. cheese

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2 slices low calorie bread	1 Tbsp. cashew butter ½ cup fortified skim milk
½ small banana	1 cup nonfat yogurt mix banana in overnight
1 medium baked potato add chopped garlic	1 oz. low fat cheese melted on top of potato – top browned
2 leaves of lettuce	1 oz. turkey rolled into lettuce
1 small pita bread, lettuce, tomato	2 oz. chicken
2 stalks celery, raisins	1 Tbsp. peanut butter
½ cup fresh fruit cocktail	¼ cup cottage cheese
¾ cup high fibre cereal sugared cereal OK	1 cup fortified skim milk fortified skim is thicker than regular skim
Tossed of Greek salad	1 small piece of pizza
1 cup fresh, chopped vegetables	3 Tbsp. nonfat yogurt + 1tsp. dijon mustard
1 cup mixed fruit 5 chopped walnuts sprinkled on top	½ cup vanilla yogurt topping (nonfat preferred)
4 peanut butter crackers	1 cup fortified skim milk
½ small banana + 1tsp. Vanilla	1 cup fortified skim milk (shake)
1 cup fresh or frozen vegetables	1 oz. melted low fat cheese baked or microwaved
1 small homemade muffin	1 cup fortified skim milk
1 cup strawberries on top of	1 cup nonfat yogurt
½ small banana + 1 cup O.J.	½ cup nonfat yogurt (shake)