My Meal Plan	E	xchange Groups	Exchange Record	Carbohydrate Count	My Food Description	Hours	Blood Glucose	Medications	Exercise	
	Bre	eakfast Time:				Midnight				
	"	Starch/Bread				1				
	Carbohydrates	Fruit				2				
	ydr	Milk								
	rbot	Vegetable				3				
	ဌ	Other Total Carb				4				
		Meat & Substitutes				- 5				
		Fat				6				
	Lu	nch Time:				7				
		Starch/Bread				8				
	tes	Fruit				9				
	Carbohydrates	Milk								
	bo	Vegetable				10				
	Car	Other				11				
		Total Carb				Noon				
		Meat & Substitutes				1				
	ъ.	Fat				2				
	ווע	nner Time: Starch/Bread				3				
	S	Fruit				l				
	drat	Milk				4				
	Carbohydrates	Vegetable				5				
	arb	Other				6				
		Total Carb				7				
		Meat & Substitutes				8				
		Fat				9				
	Sn	ack Time:				10				
	S	Starch/Bread								
	rate	Fruit				11				
	bo by	Milk				My Blood	My Blood Glucose Goals		My Health Journal	
		Vegetable								
	ဋ	Other Total Carb				 				
		Meat & Substitutes				 				
		Fat				 				
	Eat slowly. Often, eating quickly can make you eat more,								ou eat more,	

The ADA Exchange Lists for Meal Planning recognizes Equal® as a free food.

Eat slowly. Often, eating quickly can make you eat more because your body doesn't have time to process the food and feel full.

