

Diet 3	Breakfast (8 am)	Lunch	Dinner	HS Snack
Starch	Plain Shredded Wheat (1/2 cup)	White Rice (2/3 cup)	Spaghetti (2/3 cup)	Triscuit Crackers (5)
Fruit	Raspberries (2 cups)	Apple (1 small, 4 oz)		Grapes (17 small=3 oz)
Milk	Greek Yogurt (2/3 cup=6 oz)		2% Milk (2 cups)	
Vegetable		Cooked Vegetable Mix (Zucchini, Yellow Squash, Carrots, Broccoli) (2 cups total)	Tomato Sauce (1/2 cup) Cooked Vegetables (onion, bell pepper, mushrooms) (1/2 cup total)	Cucumber (1 cup)
Protein			Parmesan Cheese (1 oz)	
Fat		Butter (3.5 tsp)	Olives (8) Olive oil (2 tsp)	Ranch (regular, 1 Tbsp)

Diet 5	Breakfast	AM Snack	Lunch	PM Snack	Dinner	HS Snack
Starch	Bagel (1/2 large=2 oz)	Animal Crackers (16)	WG Bread (2 slices) Granola Bar (1)		Pasta (1 cup)	Corn Tortilla (1 small)
Fruit	Peaches (1 cup canned)		Applesauce (1/2 cup unsweetened)	Mango (1 cup)	Pineapple (1¼ cup)	Orange (1 medium)
Milk	2% Milk (2 cups)	Yogurt (2/3 cup=6 oz)	2% milk (1 cup)			2% milk (1 cup)
Vegetables			Raw Spinach, Tomato, & Onion (1 cup for sandwich) Raw Carrots (1 cup)	Raw Sugar Snap Peas (1 cup) Cherry Tomatoes (1 cup)	Tomato Sauce (1/2 cup) Cooked Beets (1/2 cup)	
Protein	Ham (2 oz)	Beef Jerky (1/2 oz)	Bacon (3 slices) Cheddar Cheese (1/2 oz)	Beef Jerky (1/2 oz)	Chorizo (1 oz)	Cheddar Cheese (1 oz)
Fat	Bacon (1 slice)	Walnuts (4 halves)	Mayonnaise (1 tsp)	Mayonnaise (1 tsp)	Almond Milk (1 cup)	Peanuts (20 nuts)

Diet 6	Breakfast	Am Snack	Lunch	PM Snack	Dinner	HS Snack
Starch	Oatmeal (1 cup)	Granola Bar (1 bar)	Baked Potato (3 oz)	Popcorn (3 cups, no fat)	Quinoa (2/3 cup)	Triscuit Crackers (5 crackers)
Fruit	Raisins (4 tbsp)	Fresh Figs (1 medium figs=1¾ oz)	Honeydew (2 cup diced)		Grapes (9 small=1.5 oz)	
Milk						
Vegetable		Celery (1/2 cup) Carrots (1/2 cup) Sugar Snap Peas(1 cup)	Cooked Vegetable Mix (Carrots, Broccoli, Zucchini, Yellow Squash) (1.5 cups)		Raw: Collard and Dandelion Greens (2 cups), Tomato (½ cup), Carrots (½ cup), Kale (1 cup), Red Peppers (1 cup)	Cooked Carrots (1.5 cups)
Protein			Peanut butter (1 Tbsp)		Almond Butter (1 Tbsp)	Peanut Butter (1/2 tbsp)
Fat	Almonds (6 nuts)	Olives (8)	Margarine (2 Tbsp low-fat spread)	Pistachios (16 nuts)	Olive oil (2 tsp)	Pecans (4 halves)

Part 3

I followed diet three (1800 Calories, metformin). I divided the food between 3 meals, and an HS snack. The first difficulty I had was eating all the food at only 4 sittings. For example, I allowed myself seven vegetables choices, four of which were for lunch. Usually I would have no problem eating four cups of raw vegetables for lunch if I could eat them within a 2 ½ hour time period. However, I had to eat all of the vegetables in one sitting. I struggled to finish within 40 minutes. Also, because my lunch and dinner were so big, I wasn't able to eat all the food I had planned on eating. Day two was especially difficult because I went to my aunt's house for a big family dinner. There was no way for me to measure out the food. I had to use my own judgment in determining portion sizes, and I was not very accurate. This was a very difficult experience. It was eye-opening to see a glimpse of what real diabetics have to go through.