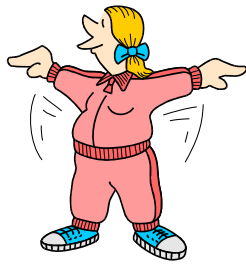


1800 Calorie



Type 2



Diabetes



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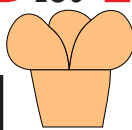
updated 2/07

1800 Calorie Diet Plan Patient:

Bread or Starch Group:

Breakfast: Lunch: Supper: Snack:

2	3	3	1
---	---	---	---



1 sl. bread, roll, 1/2 bagel, English muffin, bun, pita, 2 rice cakes, bread sticks, 6 vanilla wafers/animal crackers, gingersnaps, 3 graham crackers, Melba toast, 1/2 c. pasta, rice, 3 c. popped popcorn, **Cereals:** 3/4 c. Chex/Flakes, 1/4 c. Granola, Muesli, Grapenuts, sherbet, pudding, 1 c. puffed/shredded cereals, 1/2 c. bran, grits, oatmeal, **Vegetables:** 1/2 c. mixed vegetables, baked beans, lima beans, peas, potato, plantain, winter squash, corn, pumpkin, succotash, 1 1/2 inch cube Angel Food Cake: **High Sodium:** 3/4 oz. chips/pretzels, tortilla, muffins, cornbread, biscuits, croutons, baked beans, Soft serve ice cream, soup, popcorn, salted crackers, self rising flour/meal

Fruit Group: Fresh Fruit is Best!!!

Breakfast: Lunch: Supper: Snack:

1	2	1	1
---	---	---	---



1/2 c. applesauce, apricots, papaya, fruit cocktail, mango, pineapple, peaches, pears, plums, grapes, 1 small-kiwi, apple, banana, orange, peach, nectarine, 4 fresh apricots, 3/4 c. mandarin oranges, black/blueberries, grapefruit, pineapple, 2 tangerines, figs, plums, dates; 1 1/2 c.-strawberries, melons, raspberries, 3 kumquats, **Fruit Juices:** 1/2 c. apple, cider, grapefruit, orange, prune, pineapple, 1/3 c. grape, cranberry, fruit juice blends, 1 c. Reduced Calorie cranberry cocktail, 1/4 c. Nectar; **High Sodium: All Dried Fruits-raisins, currants, apricots**

Milk Group:

Breakfast: Lunch: Supper: Snack:

1	1/2	0	1
---	-----	---	---



1c.Skim/1/2 %/1%/Nonfat/LowFatButtermilk, light soymilk, 1/3 c. Drynonfat milk, 1/2 c. Evaporated skim milk, 3/4 c. plain nonfat yogurt/plain lowfat yogurt; **High Sodium: Buttermilk made from whole milk**

Healthy Meal Plan: 3 Meals a Day, Bedtime Snack, AVOID SWEETS, Limit High Fat/High Sodium Foods, Used for Diabetes/Weight Reduction

Vegetable Group: Eat ALL You Want!!!

Breakfast: Lunch: Supper: Snack:

X	X	X	X
---	---	---	---



1/2c. artichoke, bamboo shoots, bean sprouts, asparagus, broccoli, beets, brussel sprouts, green beans, Kohlrabi, leeks, greens, okra, onion, carrots, cucumbers, eggplant, snow peas, pimiento, rhubarb, rutubugas, tomato, turnips, 4 water chestnuts, (2 T.ketchup) 6 cherry tomatoes, 1 c.-alfalfa sprouts, cabbage, chicory, endive, escarole, fennel, green pepper, lettuce, mushrooms, radishes, spinach, cauliflower, celery, summer squash/zucchini **High Sodium- sauerkraut, V-8/Tomato Juice, canned tomatoes Products, Pickles, Soups, broth**

Meat Group:

Breakfast: Lunch: Supper: Snack:

1	2oz	3 oz.	0
---	-----	-------	---



1 oz. or as stated-Broil, Boil, Bake, Roast, Stew, Grill, Stir-Fry- Fish, Veal, Chicken (remove skin), Venison, Buffalo, Duck, Cornish Hen, Shellfish, Goose, Lamb, Rabbit, Fresh Pork, Turkey, 2 Egg Whites, 1/2c. dried peas, beans, lentils, Tofu, Soy Protein, Beef-trim fat-sirloin, round, flank, tenderloin, roast, Steaks-T-Bone, porterhouse, cubed, ground round

High Sodium: Cured/salted/smoked/canned/marinated meats, fish, poultry, corned beef, parmesan cheese, luncheon meats, hotdogs, sausage, cured ham, sardines, peanut butter, anchovies, creamed sauces, gravies, chili sauce, rock salt, Kosher salt, Sea Salt, MSG, Accent, Worcestershire Sauce, Soy/BBQ Sauce, Teriyaki sauce, mustard, salt, canned vegetables/vegetable juices, softened water

Fat Group:

Breakfast: Lunch: Supper: Snack:

1	1	1	1
---	---	---	---



Unsaturated-Good-1t.Margarine, Mayo, Oil-(canola, corn, olive, soybean, safflower, peanut, sunflower), 2t.Low Calorie mayonnaise/diet margarine, 6 hickory/cashews, 10 almonds/peanuts, 5 pecan halves, 2 brazel, 3 macadamia/pistachio, 4 walnuts, 2 T. avocado, **High Sodium: 2t. Tarter Sauce, 2 1/2 T. Low Calorie Dressing, 1 T. Salad Dressing: Saturated-Bad- 1 t.-butter/solid shortening, 2 T. coconut, chitter-lings, 1T. cream cheese, sour cream/coffee creamer, 1 sl. bacon**

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1800 Calorie Week at a Glance

<u>Monday:</u>	<u>Tuesday:</u>	<u>Wednesday:</u>	<u>Thursday:</u>	<u>Friday:</u>	<u>Saturday:</u>	<u>Sunday:</u>
1 Orange	1 Apple	1/2c. Applesauce	1/2 Grapefruit	1/2 Banana	2 Prunes	1 Mand. Oranges
1 cup Skim Milk	1 cup Skim Milk	1 cup Skim Milk	1 cup Skim Milk	1 cup Skim Milk	1 cup Skim Milk	1 cup Skim Milk
1/2 c. BranCereal	1 cup Oatmeal	1 1/2 WW Bagel	3 Pancakes	1 c. Grits	1 English Muffin	1/2 c. BranCereal
2 sl. WW Toast	1 sl. WW Toast	1 T. Cream Cheese	2-3 T. Unsweet Syrup	1 sl. WW Toast	1/2 c. Hash Browns	2 sl. WW Toast
1 t. Margarine	1 strip Bacon	1 Omelet with	1 t. Margarine	1 t. Margarine	1 t. Margarine	1 t. Margarine
1 oz. Cheese	1 Poached Egg	Onions/Peppers	1 oz. Sausage	1 Scrambled Egg	1 Poached Egg	1 oz. Cheese
1 c. Coffee	1 c. Coffee	1 c. Coffee	1 c. Coffee	1 c. Coffee	1 c. Coffee	1 c. Coffee
2 oz. Hamburger	2 oz. Pork Chop	2 oz. Steak	2 oz. Ham	2 oz. Beef Stew	2 oz. Chicken Salad	2 oz. Pork Loin
1 c. Sauteed	2 cups Salad w/	2 cups Salad w/	1 c. Lettuce/Tom.	1 c. Carrots,	1 c. Fresh Veggies	1 c. Sauteed
Peppers & Onions	Low Calorie Drg.	Low Calorie Drg.	Onion/Pickles/Dill	Peppers & Onions	Marinated Low Cal. Drg.	Squash & Onions
1/2 c. Lett/Tomato	1/2 c. Cabbage	1/2 c. Green Beans	1/2 c. Cucumbers	1/2 c. Lett/Tomato	1/2 c. Lett/Tomato	1/2 c. Greens
2-3 Carrot Sticks	2-3 Celery Stalks	2-3 Sl. Tomato	2-3 Radishes	2-3 Mushrooms	1 Dill Pickle	1/4 c. Alfalfa Sprouts
1/2 c. Potatoes w/	1 c. Blackeye Peas	1 small Baked	7 Baked Fries	1/2 c. Potatoes w/	1/2 c. Macaroni	1/2 c. Baked
Skin/2 Rolls	w/Onions	Potato w/Chives	2 sl. Pineapple	Skin in Stew	Salad	Beans/Onions
1/2 c. Fruit Cup	1/2 c. Fresh Fruit	1 Peach/2 Rolls	Water/2 Rolls	1 cup Grapes	2 T. Raisins	2-3 Plums
Water, Unsweet	Water, 1 Roll	Water, Unsweet	Drink/Beverage	Water/2 Rolls	Water/2 Rolls	Water/2 Rolls
Drink/Beverage	Drink/Beverage	Drink/Beverage	1 t. Mayo	Drink/Beverage	Drink/Beverage	Drink/Beverage
2 oz. Fish/1 Bun	2 oz. Chicken/1 Bun	2 oz. Salmon	2 oz. Tuna/	2 oz. Polish Sau-	2 oz. Venison	2 oz. Salmon
2 c. Salad w/Low	2 c. Salad w/Low	1 c. Mushrooms	10 Crax	sage	2 c. Salad w/LCD	2 c. Salad/LCD
Calorie Dressing	Calorie Dressing	1/2 c. Broccoli	2 c. Salad w/Low	2 c. Salad w/LCD	1 c. Okra/Tom's/On	1 c. Asparagus
1 c. Cole Slaw	1/2 c. Cauliflower	2 t. Marg./1 small	Calorie Dressing	1 c. Sauerkraut	1/2 c. Lima Beans	10 Almonds/1 Bun
2 t. Mayo	2 t. Marg	Baked Potato	1 c. Cole Slaw	1 t. Mustard/1 Bun	w/Peppers/2 Fats	1 Bk. Apple/
1 c. Melon	1 1/4 c. Berries	1 Pear/1 Roll-WW	1 Pickle/2 t. Mayo	1 Dill Pickle/2 Fats	2 Kiwi/1 WW Roll	2 Fats
			1 Nectarine	1/2 c. Mango		1/3 c. Wild Rice
1 c. 2 % Milk	1 c. Yogurt	1 c. 2 % Milk	1 c. Yogurt	1 c. 2 % Milk	1 c. 2 % Milk	1 c. 2 % Milk
4 Graham Crax	12 Vanilla Wafers	2 c. Puffed Cereal	6 c. Popcorn	12-3 Ring Pretzels	12 Saltines	60 Goldfish

LCD= Low
Calorie Dressing

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Diabetes- Type II



(NIDDM)



Complications of NIDDM:

*Hypertension (HTN)- limit foods high in sodium-bacon, ham, sausage, snacks

*Diabetic Nephropathy- liberalize CHO, restrict Protein choosing HBV protein, prevent hypoalbuminemia/loss of lean body mass, control insulin levels, slow ESRD (end-stage renal disease), do not restrict protein before nephropathy

*Diabetic Retinopathy- decreases 47% with intensive therapy, strict glucose control

*Clinical Neuropathy- decreases 60 with intensive therapy, prevent amputations which are painful/disabling



Facts:



* > 2.5 million people have hypertension and diabetes

*Some individuals have a genetic tendency toward hypertension

*Diabetes is leading cause of ESRD among African Americans, American Indians, Mexican Americans- onset 5-6 years after renal damage

*35% of Diabetes- have ESRD, NIDDM at 5-10%

*Ketogenic state- require more protein



What can I do?



*See your Physician

-prevent hypokalemia (Low Potassium)- blocks insulin release

-control glucose/blood sugar levels/HbA1C, lipid, blood pressure, renal status, weight

-control hypertension < 140/90 and better if < 130/80

***AVOID ALCOHOL/SMOKING**

*See RD- for help as needed

*See FFF RD- on line for help

*Maintain a good body weight for height/exercise, 3 meals and bedtime snack

*Use complex and not simple CHO (25-30 grams per 1000 calories)

*Decrease- sodium, saturated fats, adequate vitamins/minerals

*Allowed snacks, dining out, reading labels, temptations

*Behavior modification, greater self-esteem, positive attitude, motivation, family and support of friends

Diabetes- Type II



(NIDDM)



What is it?

*Insulin resistance- in peripheral tissues (fat, muscle, liver), beta cell dysfunction

*Hyperinsulinism- decreased insulin receptors

*Gene PC-1- increases NIDDM risks, decreases cell sensitivity to insulin

*Other Names- Adult onset, maturity onset, ketosis resistant

-Acute- hyperglycemia (polyuria/dipsia, nocturia)

-Hypoglycemic symptoms- nightmares, weakness, dizziness, irritation, confusion, sweating, tremors, hunger

*Chronic- hyperlipidemia, hypertension, retinopathy, nephropathy, CHD (Coronary Heart Disease), neuropathy (more common with obesity)

Signs and Symptoms:

*Genetics, age, obesity- upper body obesity (android) > lower body obesity (gynoid)



Facts:

*90% of all diabetes

*Affects- > 8 million Americans



*(IGT) Impaired Glucose Tolerance (Pre-Diabetes)- affects > 21 million Americans, > 500,000 convert to Type II yearly

*80% are overweight

*Type II is high among- 50% Native Americans, 24% Hispanics and Mexican Americans, 19% African American

What can I do?

*See your Physician

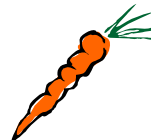
*See RD- for help as needed

*See FFF RD- on line for help

*Maintain a fasting glucose of 80-120 mg/dL, 100-140 mg/dL at bedtime, HbA1C < 7%

*Maintain- good weight for height/exercise, 3 meals and bedtime snack

*Control- binge eating, compulsive eating





Type 2 Diabetes



What can I do to keep my Blood Sugar at the Target Range?

***Medications**- Take as prescribed

***Exercise**- Be Active and Exercise for at least 30 Minutes/Day

***Meals**- Eat 3 Meals per Day and a Bedtime Snack

***Blood Sugar**- Check, Record, and Keep within Target Ranges

***Goals**- 90-130 mg/dl Before Meals, 180 mg/dl 2 Hours after the start of a Meal



Facts: (Usually occurs after age 40)



***Target Ranges**- Lower your Risk for Diabetic Eye Disease, Blindness, Kidney Disease, Nerve Damage, Foot Problems, Nerve Damage, Skin Problems, Tooth and Gum Disease, and Heart Attack and Stroke

***Blood Sugars Rise with-** Inactivity, Not enough Insulin Medication, Infection, Illness, Stress, Hormone Level changes as Menstrual Periods, Side Effects of Other Medications, Eating More Food or Carbohydrates than Usual

***Blood Sugar Falls with-** Extra Activity, Missing a Meal or Snack, Too Much Diabetic Medication, Side Effects of Other Medications, Extra Activity, Less Foods or Fewer Carbohydrates than Usual, Drinking Alcohol, especially on an Empty Stomach

***Symptoms**- Increased Hunger, Thirst, & Urination, Blurred Vision, Weight Changes, Achy/Cramping Muscles, Feeling Tired/Weak



What do I need to do?



***See your Physician**- talk about your Blood Glucose Levels

***See a Registered Dietitian**- for more information on Diet

Low Blood Sugar (Hypoglycemia)



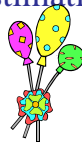
What is it?

*Hypoglycemia- abnormally low blood sugar, < 70 mg./dl.



What causes it?

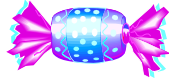
*Causes- Too much insulin, exercising too much, not eating enough food, skipping/delayed meal or snack, excessive drinking of alcohol and denial of food, overestimating carbohydrate when matching insulin dose to intake, inconsistent monitoring of glucose



Symptoms:

*Mild- hunger, irritability, fast heartbeat, shaking sweating, blurred vision, dizziness, faintness, fatigue, headache, hunger, irritability, nervous, trembling, sleepiness, personality change, skin pale or moist, tingling,

*Severe- confusion, convulsions, loss of consciousness, stupor, shaking, impair cognitive or motor functions



What can I do?

*Take- 3-4 Glucose Tablets, 1 small piece of fruit, 1/2 cup fruit juice, 3/4 cup cola, 1 cup milk, 2 large sugar cubes, 6 Lifesavers, 1 T. honey, corn syrup, jam, or jelly;

-need 15 grams of Carbohydrate, fruit juice is recommended- *do not add sugar*

*Rest- 15 minutes after taking and repeat if not feeling normal

*Eat- 3 meals per day and 3 snacks that are higher in protein and lower in carbohydrates, *see a Registered Dietitian for a meal plan*

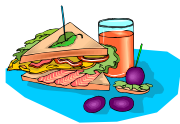
*Goals- Meals and Snacks at the same time daily, correct insulin injection, daily exercise

*See Physician- if unconscious see immediately

*Goals- A1c < 7 %, Blood Pressure- < 130/80 mm Hg, Cholesterol- < 100 mg/dl LDL cholesterol, HDL- > 50 mg/dl/women, > 40 mg/dl/men, Triglycerides < 150 mg/dl

*See a Registered Dietitian (RD)- help with meal/snack planning

*See FFF RD on line- for help as needed

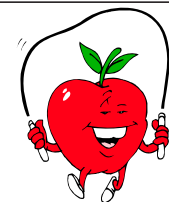


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High Blood Sugar (Hyperglycemia)



What is it?

*Impaired glucose tolerance or high levels of blood glucose-

resulting from defects in insulin secretion, insulin action, or both

*Type 1– IDDM, include autoimmune, genetic, and environmental factors, usually children or young adults

*Type 2 – NIDDM, usually include older age, obesity, family history, prior history of gestational *diabetes*, physical inactivity, impaired glucose tolerance, race/ethnicity-African Americans, Hispanic/Latino Americans, American Indians, some Asian Americans and Pacific Islanders

*Gestational– develops in 2 to 5% of all pregnancies but disappears when the pregnancy is over, higher risk include obesity and family history

Pre-Diabetes (maternal/age)- Impaired Glucose Tolerance



What Causes it?

*Obesity, family history, age, decreased exercise, race, gestational diabetes, etc...

Is it Serious?

*Diabetes- can be associated with serious complications and premature death

*Complications of Diabetes- heart disease, stroke, high blood pressure, blindness, amputations, kidney disease, dental disease, nervous system disease, and pregnancy complications

*More likely to die of pneumonia and influenza

*Normal Blood Sugar- Fasting -80-120 mg./dL/before meals

-*After Meals*- 150-180 mg./dL

What can I do?

*Diet- increase fresh fruits and fresh vegetables, *limit meat*-choose lean meats as chicken and fish: Broil, boil, bake, roast, stew, grill or stir fry -**Eat Whole Grains**- increased fiber; avoid sweets, desserts and replace with artificial sweeteners -Choose low fat cheeses, milk, dairy, Speak with RD

*Exercise- 15 to 20 minutes per day, monitor blood sugars, take medications.

Checkups:

*See MD at least 1 time per year- dilated eye exam, kidney function test, cholesterol panel, blood sugar and Hemoglobin A1C, Foot Exams



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Diabetes Control (Blood Sugar Levels)



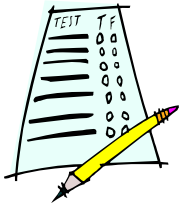
What is it?

*Blood Test- measures the level of glucose (sugar) in your blood at a given time

What is normal?

*Normal Fasting Blood Sugar- 70 to 120 mg/dl , After a Meal- 150-180 mg/dl

*HgbA1C- $\leq 7\%$



Facts:

*Blood Sugar levels Rise- after a meal and return to normal after 2 hours and usually runs 150 to 180 mg/dl

*Blood Sugars tend to Rise- after age 50, especially if no exercise

*Type I Diabetics- produce little or no insulin-10% of population

*Type II Diabetes- usually begins after age 30, 80 to 90% are obese, runs in families

*Blacks and Hispanics- a 2 to 3 times increased risk of developing



What happens if elevated?

*Symptoms- increased urination, hunger, thirst, blurry vision, tingling in hands, feet and legs, wounds that will not heal, kidney problems, problems with sex, blood vessel and heart problems



What happens if low?

*Symptoms- sweaty, dizzy, nervous, shaky, rapid heart beat, hungry, confused, bad mood - (Add 1/2 c. Juice or Regular Soda, 3-4 pieces hard candy wait 15 minutes-recheck)



What do I need to do?

*See a Physician- if Blood Sugar is High or call a Diabetic Educator

*See a Registered Dietitian- help with meal planning

*Snack Ideas- Glass of milk and 1/2 Sandwich

*Records- keep up with your blood sugars as MD directs



Why Controlling Diabetes is Important for Your Body



Eyes

Diabetes may cause damage to the eyes. It is important to see an eye doctor yearly

Mouth

Diabetes can cause bad breath, gum disease, tooth loss, and swollen gums that bleed.



Nerve Damage

Diabetic neuropathy is the nerve damage that diabetics can develop. It can cause loss of feeling or numbness in the feet, hands, and legs. It can also cause digestion problems, bladder problems, heart problems, and impotence. Controlling blood sugar levels is the best way to prevent these problems.



Heart

Diabetes can cause heart problems. Diabetes can lead to heart attack or stroke. It is important to control cholesterol, blood sugar levels, weight, and blood pressure. It is also important not to smoke.



Kidneys

Kidney disease can have the symptoms that include tiredness, weakness, trouble sleeping, swelling, vomiting, or there can be no symptoms at all. A sign of kidney damage is protein in the urine. This has to be tested by the doctor.



To help prevent kidney disease it is important to eat the right foods and control blood sugar levels.



Feet

Be sure to check your feet everyday for cuts and cracks. If there is nerve damage, it can be hard to feel the wounds. It also can be hard for the cuts to heal. It is important to wear shoes at all times.





“CARB” Counting Food List



1 Carb Exchange = 15 grams of Carbohydrate

Breads:

½ (1 oz.) bagel/ bun/
croissant, medium/
English muffin/
½ pita 6”/6” taco shell
2.5 “biscuit-omit 1 Fat
1 slice bread
2 bread sticks-4” x ½”
2” cube cornbread-Omit 1 Fat
1 small muffin-omit 1 Fat
4” pancake-omit 1 Fat
4.5” waffle-omit 1 Fat



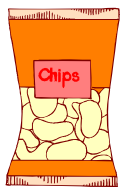
Cereals:

1/2c. Bran, sugar-
frosted flakes, or
cooked cereal
¼ c. granola
1 ½ c Puffed cereal
¾ c. ready to eat
cereal, unsweet



Crackers/Snacks:

8 animal crackers
3 graham crackers 2.5” sq.
3 c. popped popcorn
¾ oz, Pretzels, Chips, Matzoh
2-4” rice cakes
6 saltines or butter type
cracker, 3 Gingersnaps
5 whole wheat crackers
6 Vanilla Wafers
1/2c.Corn Chips (omit 2 Fats)
1c.Cheese Puffs (omit 1 Fat)
6 -3 Ring Pretzels, 25 Sticks
7 Ritz Crackers (omit 1 Fat)



Pasta/Grains:

1/2c. Chow Mein Noodles
3 T. Cornflake Crumbs
1 cup Croutons
1/2c. Chow Mein Noodles-
omit 1 Fat, hominy, pasta,
macaroni, noodles
1/3 c. rice- white, wild



Vegetables/Beans/Rice:

1/3 c. baked beans, humus,
rice; ½ c. beans, peas, corn,
grits, lentils, potatoes, pasta,
grains-oatmeal, hominy, yam
16-25 Freedom Fries, 1 Corn
on Cob, 2/3 c. lima beans



Fruits/Juices:

1 Apple, Peach, Pear, Plum,
Orange, Kiwi, Nectarine, Fig
1/2 Banana, Grapefruit, Nec-
tarine, Papaya, Ugli, 1 Guava
1/2 c. Applesauce, Pineapple
3 Apricots, 1/3 Pomegranate
¾ c. Berries, Mandarin
Oranges, Pineapple, Melon
Grapes-20 small, 10 large
2 Plums, Tangerines, Dates
3 Prunes, dried, Kumquats
2 T. Raisins, 1/4 Mango
1 T. Currants, 1 Tangelo
4 Maraschino Cherries
1/2c. Sour Red Cherries
1/4c.Meal Replacement, 1/2c.
Fruit Smoothie/Carboloader,
¾c.Soda, 1c.SportsDrink



Fruits/Juices:

1/2 c. apple, pineapple,
grapefruit, orange
1/3 c. fruit blend, grape,
cranberry juice cocktail



Milk/Yogurt:

1 c. Fat Free Milk, 1%, 2%,
Buttermilk, Yogurt sugar
free fat free, plain yogurt
1/2 c. chocolate milk, evapo-
rated skim milk



Soups:

1 c. broth, chicken noodle
bean, cream with water
1/2 c. split pea soup

Sweets:

1 1/4 inch square Angel Food
Cake or Sponge Cake
3 Lorna Doones (omit 1 Fat)
4 Social Tea Biscuits, 1 Plain
Doughnut (omit 1 Fat),
1 Frozen Yogurt on a Stick
1/2 c. Vanilla Frozen Yogurt
1/2 c. Vanilla Ice Cream (omit 2 Fats)
1 Dairy Queen small ice
cream cone- (omit 1 Fat)
1/4 c. Sherbet
2 Lady Fingers
2 T. Malted Powder
1/4 c. Regular Pudding
3 Brown Edged Wafers



Alcoholic Beverages for Diabetics



Information:

*Alcohol- 7 calories per gram, calculated as a Fat

*Obese patients should limit

*Alcohol inhibits gluconeogenesis

-can cause Hypoglycemia (Low Blood Sugar)



What can I do to avoid Hypoglycemia?

*Consume alcohol with a meal or snack; never delay regular meal or snack time

*If meal plan delayed, add a snack to accommodate for alcoholic beverage

*Avoid- liqueurs, sweet wines, mixed drinks, high sugar content = hyperglycemia

*May add small amounts of alcohol, dry wine in cooking, alcohol evaporates, flavor remains



Amount/Alcohol/Equivalent/Exchange:

*8 oz. Ale, Mild = 1/2 Bread/1 1/2 Fat

-12 oz. Light Beer = 2 Fat

*12 oz. Beer/3 1/2 oz. Port or Muscatelle Wine = 1 Bread, 2 Fats

*1 oz. Brandy, Cognac, 6 oz. Fermented Cider = 1 1/2 Fats

*2/3 oz. Curacao, Cordials, Anisette, Apricot brandy, Creme de Menthe, Benedictine = 1/2 Bread, 1 Fat

*3 1/2 oz. Daiquiri = 1/2 Bread, 2 Fats

*1 1/2 oz. Liquor (80% Proof)-gin, scotch, rum, whiskey, vodka = 3 Fats

*3 1/2 oz. Manhattan = 1/2 Bread, 3 Fats

*3 1/2 oz. Martini = 3 Fats

*4 oz. Old Fashioned = 3 Fats

*10 oz. Tom Collins, Regular Mixer = 1/2 Bread, 3 Fats

*10 oz. Tom Collins, Artificially Sweetened = 3 1/2 Fats

*2 oz. Dry Sherry = 1 1/2 Fats

*5 oz. Wines, dry table- 12% Alcohol, Champagne, Sauterne, Claret, Chablis = 2 Fats



What do I need to do?

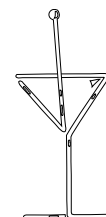
*See your Physician

*See a Registered Dietitian

*If a problem seek help or AA

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Artificial Sweeteners



What are they?

***Non Nutritive**- saccharin, sucrolose, acesulfame K, aspartame-
-safe for diabetics or weight reduction

***Saccharin** - 350 times sweeter than sugar

sugar is sucrose (sucrose-16 calories per teaspoon/4 gm.CHO (carbohydrate))

***Sucralose**/Splenda- made from sugar, 600 times sweeter than sugar; used like sugar
-used in baked goods, mixes, beverages, chewing gum, dairy, frosting, jams, confections, beverages, salad dressings, and most any way imaginable

***Acesulfame K (Sunett)**- 200 times sweeter than sucrose/sugar, best for baking

***Aspartame**/NutraSweet- 180 times sweeter than sucrose (contains phenylalanine),
4 calories per t. (teaspoon)

***Nutritive**- no evidence that nutritive sweeteners such as corn syrup, honey, molasses, and dextrose have an advantage over sucrose in improving blood sugar

-Sugar Alcohols- mannitol, sorbitol, xylitol seem to lower blood sugar more than sucrose, if too much, acts as a laxative

- natural sugars with calories, slow absorption, < 60 gms./day, excess is converted to glucose, simple sugar raises blood sugar, limits fat release

-Sorbitol- 50 times as sweet as sugar

-Xylitol- 16 Calories per teaspoon/4 grams CHO (Carbohydrate), sugarless gum and candy

***Tagatose**- levo-sugar, tastes like regular sugar, can't be used as energy, large amounts cause GI distress with nausea, diarrhea, flatulence-

***Potential Side Effects**- headache, seizures, nervousness, dizziness, depression, memory impairment, nausea, temper outbursts; neurological risks, enlarged liver/kidney

Why choose an artificial sweeteners?

***Helps Reduce**- calories, glycemic index, reduces tooth decay, used in Diabetic diets

*Tastes sweet and clean without the calories

What can I do?

***See a Physician**

***See a Registered Dietitian**- for help with Meal Planning



1800 Calorie Diabetic Snack

H.S. Snack = 1 Milk Exchange
1 Bread Exchange



1 Fruit
1 Fat



1 Milk Exchange is:



1 c. Skim Milk or 1 % Milk
1 envelope Alba 66 or Alba 77
1 c. Low Fat Buttermilk
3/4 c. Plain Nonfat Yogurt
1 c. 2 % Milk (1 Milk, 1 Fat)

1 Bread Exchange is:

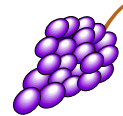


1/2 c. Bran Cereals
3/4 c. Ready to eat-unsweet cereals
1/2 c. Oatmeal
1 1/2 c. Puffed Cereal
1/2 c. Shredded Wheat
1/2 Bagel
5 Vanilla Wafers
2 Bread Sticks
1/2 English Muffin
8 Animal Crackers
3 Graham Crackers
4 slices Melba Toast
24 Oyster Crackers
3/4 oz. Pretzels
6 Saltine-type Crackers
3 c. Popcorn, popped, no fat added
2-5 slices Whole Wheat Crackers, no fat added (crisp breads, such as Finn, Kavli, Wasa)
1/2 c. Sherbet/Ice Cream
1/2 c. Frozen Yogurt
1/2 c. Sugar-free Pudding (made with skim milk)



1 Fruit is:

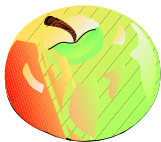
1 Apple, Orange, Peach
1/2 c. Stewed Apples
1/2 c. Applesauce
1/2 c. Fresh Fruit Cup
3/4 c. Blue or Blackberries
1 cup Cantaloupe
1 1/2 c. Strawberries
2 small Tangerines
1 cup Raspberries
1/2 cup Grapes
2 small Plums



1 Fat Exchange is:

10 Peanuts
5 Pecan Halves
1 T. Cream Cheese
1 T. Sour Cream
1 slice Bacon
1 t. Mayonnaise
5 small Olives, 3 large
2 T. Avocado
1 t. Butter or Margarine





Breakfast:

	<u>CHO Gms.</u>
1/2 c. Apple Juice	15
2 slices Toast	30
1 cup Grits	30
1 c. Whole Milk	30
Coffee, Salt, Pepper	0
Artificial Sweetener	0



Bedtime Snack:

1 cup Whole Milk
6 Graham Cracker Squares

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1800 Calorie **(Sick Day Management)**

Lunch:

	<u>CHO Gms.</u>
1c. Chicken Noodle Soup	15
2 ounce Cheese	0
6 Saltine Crackers	15
1/2c. Sugar Free Pudding	15
1 Popsicle Twin Bar	20
Unsweet Tea, Lemon Slice	0
Salt, Pepper	0

Food:

	<u>CHO Gms:</u>
1c. Whole Milk	15
Low Fat/Skim	12
1/3 c.Regular Jello	15
1t. Margarine/Fat	0
1/2 c.Vegetable	5
1oz. Meat	0
1/2 cup Fruit/Juice	15
1/4 c. Sherbet	15
1/2 c. Custard	15



Supper:

	<u>CHO Gms.</u>
2 cups Cream Soup	30
1 toasted Bagel	30
1 c. unsweet Applesauce	30
1/2 cup Gingerale	10
Unsweet Tea, Lemon Slice	0
Salt, Pepper	0

Food:

	<u>CHO Gms:</u>
1 Pillsbury Crescent Roll	15
3/4 c. Cherrios	15
1 c. Plain Yogurt	12-15
1 cup Sugar Free Yogurt	12-15
1 Diet Soda	0
5 Ritz Crackers	15
1 oz. Cheese	0
1/2 c. Sweet Applesauce	30
1/2 cup Diet Gelatin/Jello	0
1/3 cup Grape Juice	15
3/4 cup Sprite/Gingerale	15
1 cup Gatorade	15