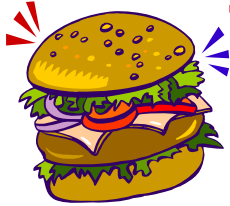
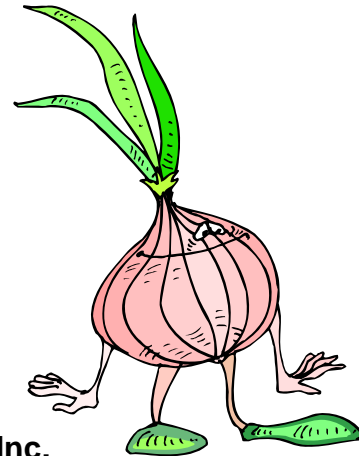
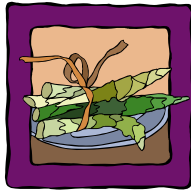


# T Type II



# D Diabetes





# Diabetes- Type II

## (NIDDM)



### Complications of NIDDM:

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

**\*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



### 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

**\*5-10 % of Type II Diabetes-** have ESRD



### What can I do?

\* See your Physician

-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 and a personalized Meal Plan

\* See FFF RD on line for help

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

\* Use Consistent Carbohydrate

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

\* Allowed snacks, dining out, reading labels

\* Behavior modification, greater self-esteem, positive attitude, motivation



# D iabetes- T ype 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:

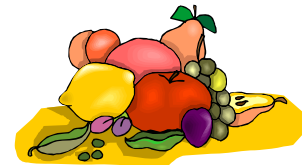
\*90% of all diabetes

**\*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

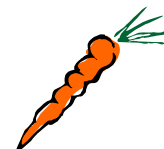
\*See RD for help as needed

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

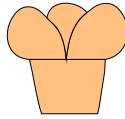


# 1500 Calorie Diet Plan Patient: \_\_\_\_\_

## Bread or Starch Group:

Breakfast: Lunch: Supper: Snack:

|   |   |   |   |
|---|---|---|---|
| 2 | 2 | 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, Grape-nuts, 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 | 1 | 1 | 0 |
|---|---|---|---|



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 | 0 | 0 | 1 |
|---|---|---|---|



1 c. Skim/1/2 %/1%/Nonfat/LowFat Buttermilk, 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, beets, asparagus, broccoli, brussel sprouts, green beans, Kohlrabi, leeks, greens, okra, onion, carrots, eggplant, cucumbers, snow peas, pimento, 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. | 2 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, 1/2 c. 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 | 0 |
|---|---|---|---|



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, chitterlings, 1T. cream cheese, sour cream/coffee creamer, 1 sl. bacon**

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Special Notes by: MD \_\_, Nurse \_\_,  
RD \_\_, Other: \_\_\_\_\_

1. \_\_\_\_\_

2. \_\_\_\_\_

3. \_\_\_\_\_

**Free Vegetables:** Alfalfa Sprouts,  
Cabbage, Chicory, Cauliflower, Celery,  
Endive, Escarole, Fennel, Green Peppers,  
Lettuce, Mushrooms, Parsley, Radishes,  
Spinach, Summer Squash, Watercress,  
Zucchini, (*May use with a Low Calorie  
Fat Free Salad Dressing.*)

### **S**uggestions/**T**alk with your **MD:**

**#Exercise 20-30 Minutes Per Day after 2 weeks use weights**

**#Avoid Fried Foods, Sweets and Colas**

**#Encourage High Fiber Foods as Whole Grains, Potatoes with skin, Brown Rice, Fresh Fruits & Vegetables**

**#Drink plenty of fluids-Water, Diet Colas, unsweet beverages, Salt, Pepper**

**#When Hungry eat vegetables or a large lettuce/vegetable salad with low calorie fat free dressing**

### **1500 Calorie Diet Plan:**

#### **Breakfast:**

**1/2 cup Applesauce, unsweet**

**1 cup Skim Milk/1/2 cup Oatmeal**

**1 slice WW Bread/1 t. Margarine**

**1/2 c. V-8 Juice/1 Scrambled Egg**

#### **Lunch:**

**2 oz. Baked Chicken/1 cup Green Beans**

**1 Bun/2 cups Salad/Low Calorie Dressing**

**1/2 Banana/ 1 t. Margarine**

#### **Supper:**

**1/2 cup Peaches/6 Saltines/1t. Marg.**

**1/2 c. Broccoli/1/2c. Onions/1/2c. Carrots**

**2 oz. Tuna/1 cup Fat Free Pasta Salad**

**Bedtime Snack: 1c. Skim Milk**

**5 Vanilla Wafers**

# **1500 Calorie Diet Plan**

**Patient:** \_\_\_\_\_

### **Healthy Meal Plan:**

**1-Eat 3 Meals a Day.**

**2-Do Not Skip Meals!**

**3-Avoid Sweets**

**4-Limit High Sodium & High Fat Foods**

**5-Used for Diabetics or Weight Reduction**

**6-X = Eat all You Want!**

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Breakfast: Lunch: Supper: Snack:

1 1 1 0

**Fruit Group: Fresh Fruit is Best**

1/2 c. Apple, Applesauce, Apricots, Cherries, Fruit Cocktail, Mango, Pineapple, Peaches, Papaya, Pears, Plums, Grapes, 1 small-Kiwi, Apple, Banana, Orange, Peach, Nectarine, 4 Fresh Apricots, 3/4 c. Mandarin Oranges, Black/Blueberries, Grapefruit, Pineapple, 1 c.-Cantaloupe, Honeydew, Raspberries, 1 1/2 c.-Strawberries, Watermelon, 2 small Tangerines, Plums, Figs, Dates, 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:** *Dried- 4 Apple Rings, 2 T. Raisins, 8 Apricot Halves, 1 T. Currants*

Breakfast: Lunch: Supper: Snack:

1 0 0 1

**Milk Group:** 1 c. Skim, 1/2 %, 1%, Nonfat/Low-Fat Buttermilk, light soymilk, Alba 66/77, Vegelicious, 1/2 c. Evaporated Skim milk, 1/3 c. Dry nonfat milk, 3/4 c. plain nonfat yogurt, 1 c. Lowfat milk, Sweet Acidophilus, 3/4 c. plain lowfat yogurt, 1 c. Whole milk, Goat's, Kefir, 1/2 c. Evaporated Whole Milk, Buttermilk made from whole milk

**High Sodium:** *Buttermilk made from whole milk, any food made with baking powder, soda, self rising flour or meal, foods in a brine, bacon fat, salt pork, horseradish, 4 olives*

Breakfast: Lunch: Supper: Snack:

2 2 3 1

**Bread or Starch Group:** 1 sl. Bread, Roll, 1/2 Bagel, English Muffin, Bun, Pita, 2 Rice Cakes, 2 Holland Rusk, Bread Sticks, 6 vanilla wafers, animal, gingersnaps, 3 Graham Crackers, Melba toast, 3 T. Miso, Grapenuts, wheat germ flour, dry tapioca, cornstarch, 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, corn, oatmeal, mixed vegetables, baked beans, lima beans, peas, potato, plantain, winter squash, gelatin, pasta, rice, pumpkin, succotash, 1 1/2 inch cube Angel Food Cake: **High Sodium:** 3/4 oz.

**High Sodium:** *Chips, pretzels, tortilla, muffins, cornbread, meal, flour, biscuits, croutons, baked beans, Soft serve ice cream, salted crackers, popcorn, soup, broth, bouillon, bread with salted tops, pork rinds*

Breakfast: Lunch: Supper: Snack:

1 1 1 0

**Fat Group: Unsaturated-Good-** 1 t. -Margarine, Mayonnaise, Oil- (canola, corn, olive, peanut, safflower, soybean, sunflower), 2t.-Low Calorie mayonnaise, 10 almonds/peanuts, halves: 5 pecan, 4 walnuts, 6 hickory/cashews, hazel, 2 brazel, 3 macadamia, pistachio, 2 t. diet margarine, 2 T. avocado, **High Sodium:** 2t. Tarter Sauce, **Low Calorie Dressing, 1 1/2 T. Salad Dressing**  
**Saturated-Bad-** 1 t.-Butter/Solid Shortening, 2 T. Coconut, chitterlings, 1 T. cream cheese, sour cream/coffee creamer, 1 sl. bacon

**RED = Foods High in SODIUM**

Breakfast: Lunch: Supper: Snack:

X X X X

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

Breakfast: Lunch: Supper: Snack:

1 2oz. 2oz. 0

**Meat Group:** 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, 1/2 c. dried peas, beans, lentils, Tofu, Soy Protein, **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*

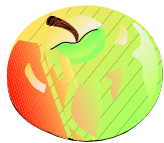
## 1500 Calorie Week at a Glance

| <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. Bran Cereal   | 1/2 cup Oatmeal          | 1 WW Bagel         | 2 Pancakes          | 1/2 c. Grits        | 1/2 English Muffin      | 1/2 c. Bran Cereal    |
| 1 sl. WW Toast       | 1 sl. WW Toast           | 1T. Cream Cheese   | 2-3T. Unsweet Syrup | 1 sl. WW Toast      | 1/2c. Hash Browns       | 1 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     | 2oz. 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 | 1/2c. 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           | 1/4c. Alfalfa Sprouts |
| 1/2 c. Potatoes w/   | 1/2 c. Blackeye          | 1 small Baked      | 7 Baked Fries       | 1/2 c. Potatoes w/  | 1/2 c. Macaroni         | 1/2 c. Baked          |
| Skin/1 Roll          | Peas 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/1 Roll     | Water/1 Roll        | 1 cup Grapes        | 2 T. Raisins            | 2-3 Plums             |
| Water, Unsweet       | Water, 1 Roll            | Water, Unsweet     | Drink/Beverage      | Water/1 Roll        | Water/1 Roll            | Water/1 Roll          |
| 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/10 Crax  | 2oz. Polish Sausage | 2 oz. Venison           | 2 oz. Salmon          |
| 2 c. Salad w/Low     | 2 c. Salad w/Low         | 1 c. Mushrooms     | 2 c. Salad w/Low    | 2 c. Salad w/LCD    | 2 c. Salad w/LCD        | 2 c. Salad w/LCD      |
| Calorie Dressing     | Calorie Dressing         | 1/2 c. Broccoli    | Calorie Dressing    | 1 c. Sauerkraut     | 1c. Okra/Tom's/On       | 1 c. Asparagus        |
| 1 c. Cole Slaw       | 1/2 c. Cauliflower       | 1 t. Marg./1 small | 1 c. Cole Slaw      | 1 t. Mustard/1 Bun  | 1/2 c. Lima Beans       | 10 Almonds/2 Buns     |
| 1t. Mayo/1/2c. Grits | 1t Marg. 1/2c. Bk. Beans | Baked Potato       | 1 Pickle/10 Chips   | 1/2c Pot. w/Skin    | with Peppers            | 1 Baked Apple         |
| 1 c. Melon           | 1 1/4 c. Berries         | 1 Pear/2 Rolls-WW  | 1 Nectarine         | 1/2c. Mango         | 2 Kiwi/2 WW Rolls       | 1/3c. 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         |
| 2 Graham Crax        | 6 Vanilla Wafers         | 1 c. Puffed Cereal | 3 c. Popcorn        | 6-3 Ring Pretzels   | 6 Saltines              | 30 Goldfish           |

LCD= Low  
Calorie Dressing

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Red=Foods High In Sodium  
Use unsalted NUTS!!



| <b><u>Breakfast:</u></b> | <b><u>CHO Gms.</u></b> |
|--------------------------|------------------------|
| 1/2 c. Apple Juice       | 15                     |
| 1 slice Toast            | 15                     |
| 1 cup Grits              | 30                     |
| 1 c. Whole Milk          | 30                     |
| Coffee, Salt, Pepper     | 0                      |
| Artificial Sweetener     | 0                      |



| <b><u>Bedtime Snack:</u></b> |  |
|------------------------------|--|
| 1 cup Whole Milk             |  |
| 3 Graham Cracker Squares     |  |

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**RED = HIGH SODIUM FOODS-**  
**Use Salt Free Soups, Crackers,**  
**and Cheeses**

## 1500 Calorie (Sick Day Management)

| <b><u>Lunch:</u></b>     | <b><u>CHO Gms.</u></b> |
|--------------------------|------------------------|
| 1c. Chicken Noodle Soup  | 15                     |
| 1.5 ounce Cheese         | 0                      |
| 6 Saltine Crackers       | 15                     |
| 1/2c. Sugar Free Pudding | 15                     |
| 1/2 Popsicle Twin Bar    | 10                     |
| Unsweet Tea, Lemon Slice | 0                      |
| Salt, Pepper             | 0                      |

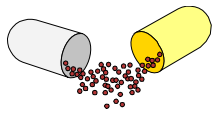
| <b><u>Food:</u></b>  | <b><u>CHO Gms:</u></b> |
|----------------------|------------------------|
| 1c. Whole Milk       | 12                     |
| Low Fat/Skim         | 12                     |
| 1/3 c. Regular Jello | 15                     |
| 1t. Margarine/Fat    | 0                      |
|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



| <b><u>Supper:</u></b>    | <b><u>CHO Gms.</u></b> |
|--------------------------|------------------------|
| 1 cup Cream Soup         | 15                     |
| 1 toasted Bagel          | 30                     |
| 1 c. unsweet Applesauce  | 30                     |
| 1/2 cup Gingerale        | 10                     |
| Unsweet Tea, Lemon Slice | 0                      |
| Salt, Pepper             | 0                      |

| <b><u>Food:</u></b>        | <b><u>CHO Gms:</u></b> |
|----------------------------|------------------------|
| 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                     |





# Low Blood Sugar (Hypoglycemia)



## What is it?

\*Hypoglycemia- abnormally low blood sugar, watch for excessive sweating, faintness, headache, hunger, pounding of heart, trembling, impaired vision, not able to awaken, irritability, personality change

## What causes it?

\*Too much insulin

\*Not eating enough food

\*Exercising too much

\*Delayed meal

\*Excessive drinking of alcohol and denial of food

## Is it Serious? YES

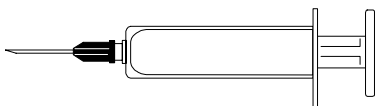
\*Symptoms- Blurred Vision, Confusion, Dizziness, Drowsiness, Fast Heartbeat, Fatigue, Headache, Hunger, Irritability, Nervous, Trembling, Sleepiness, Personality Change, Shaking, Skin pale and moist, Sweating, Tingling

## What can I do?

- \*Take Glucose Tablets or 1 small piece of fruit, 1/2 cup fruit juice or cola, 1 cup milk, 2 large sugar cubes, 6 Lifesavers, 2 t. honey or corn syrup
- \*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**

## Checkups:

- \*See Physician as needed, if unconscious see immediately
- \*Measure of blood sugar by Physician
- \*Medical History, Physical Examination, Blood Tests by Physician



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# Snacks



## Why is it important to SNACK?

**\*Snacks**- small, frequent meals

-stimulate the metabolism, easy to digest, may help to decrease weight by decreasing intake at mealtime if make good food choices as fresh fruits and vegetables with low calorie/low fat dips, cheeses, dressings

**\*Snack Ideas**- air-popped popcorn, lowfat or nonfat cheeses, string cheese sticks

**-Lowfat or a lower fat-** granola bars, peanut butter, whole grains, cereals, cocoa, milk, sour cream, crackers, cookies, hotdogs, veggie or turkey burgers

**-Baked-** chips, pretzels, pita chips, tortilla chips



**\*Extreme Hunger-** we eat high fat, high calorie meals or snacks

-choose lowfat or nonfat yogurt, ice cream or puddings



## Suggestions:

**\*Meals**- never go more than 3-4 hours between eating snacks or a meal

-Graze throughout the day eating high fiber with small amounts of food, or even large amounts if needed at the beginning

**-Eat Slow-** trying to make the most of every bite, taste your food

-1 Bite at the time, chew your food thoroughly

**-Long periods of time-** without food slows our metabolism

**\*Juices**- choose low sodium V-8 or Tomato Juice



## What can I do?

\*See your Physician for ideas

\*See RD for help as needed

\*See FFF RD on line for help

**\*Choose-** Calcium or Vitamin enriched or fortified snack foods, lower sodium/fat, high fiber

**\*Eat lots of-** FRESH FRUITS and VEGETABLES

**-AVOID FRUIT JUICES**

**-DRINK WATER or CAFFEINE SUGAR FREE COLAS**

**-Add-** purple or red grapes as a daily snack, 1 ounce of nuts or flaxseeds,

**-Increase-** Salads with lettuce, spinach, salad greens, radishes, cucumbers, tomatoes, bell peppers, mushrooms, Vidalia Onions, celery, pickles, broccoli, cauliflower, carrots, squash, \*Pickles are High In Sodium



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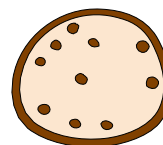
# 1500 Calorie Snack

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



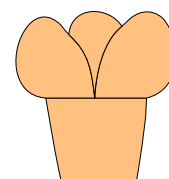
## 1 Milk Exchange is:

- 1 c. Skim Milk
- 1 c. 1% Milk
- 1 c. Low Fat Buttermilk
- 3/4 c. Plain Nonfat Yogurt
- 1 c. 2 % Milk



## 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)





# “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  
3/4 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.MealReplacement, 1/2c.FruitSmoothie/Carbloader,3/4c.Soda,  
1c.SportsDrink

## Fruits/Juices:

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



## 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





# Artificial Sweeteners



## What are they?

**\*Non Nutritive**- saccharin, sucralose, acesulfame K, aspartame-  
-safe for daibetics or weight reduction

**\*Saccharin** - 350 times sweetener 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

**-potential side effect**- may pose cancer or neurological risk, enlarged liver/kidney

**\*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. (teapsoon)

-Potential Side Effects- headache, seizures, nervousness, dizziness, memory  
impairment, nausea, depression, temper outbursts

**\*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 rases 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

## 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 or a FFF Registered Dietitian on line***



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# 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, see FFF RD on line
- \*If a problem seek help or AA

