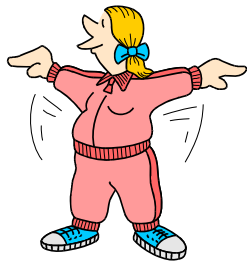


1500 Calorie

Type 2



Diabetes



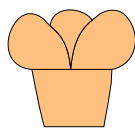
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updated 2/07

1500 Calorie Diet Plan Patient: _____

Bread or Starch Group:

Breakfast: Lunch: Supper: Snack:

2	2	3	1
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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, 1/2c.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, 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
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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
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Milk Group: 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
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Vegetable Group: 1/2c. artichoke, bamboo shoots, bean sprouts, asparagus, broccoli, beets, 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 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
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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, 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
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Fat Group: 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.

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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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.





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