



## Guide for Diabetic Diets

### CALORIES

The caloric needs of the diabetic patient vary with the patient's age, weight, height, sex, physical condition, nutritional status and activity.

Table 1: Recommended Calories

Weight	Sedentary	Moderate Activity	Marked Activity
Overweight	20 - 25 Kcal/Kg/Day	30 Kcal/Kg/Day	35 Kcal/Kg/Day
Normal Weight	30 Kcal/Kg/Day	35 Kcal/Kg/Day	40 Kcal/Kg/Day
Underweight	35 Kcal/Kg/Day	40 Kcal/Kg/Day	45 - 50 Kcal/Kg/Day

\* The suggested distribution of calories is in a ration of 45% - 65% carbohydrate, 15% - 20% protein, and 30% fat.

### CARBOHYDRATE

Diabetic patients generally are given 50% to 65% of their calories as carbohydrates. Carbohydrate distribution is correlated with the kind of insulin or oral hypoglycemic agent taken by the patient.

All patients receiving insulin should have a bedtime snack. Those receiving an intermediate acting insulin may require mid-afternoon feeding. Diabetics receiving intensive insulin therapy are most effectively controlled with a diet pattern including three meals and three interval feedings.

### PROTEIN (Each gram provides 4 kilocalories)

The proportion of protein calories should account for approximately 15% to 20% of the total daily calories. Pregnancy, protein-losing or debilitating diseases or diseases in which protein may have adverse effects would affect protein levels.

### FAT (Each gram provides 9 kilocalories)

Fats usually supply 25% - 30% of the total calories. The use of the unsaturated fats is recommended.

**High Fat Meat: One exchange equals 7 grams protein, 8 grams fat and 100 calories.**

Remember these items are high in saturated fat, cholesterol and calories and may raise blood cholesterol levels if eaten on a regular basis. One high-fat meat exchange is equal to any one of the following items.

Pork: Spareribs, ground pork, pork sausage .....	1 oz
Cheese: All regular cheeses such as American, Cheddar, Monterey, Jack Swiss ♥.....	1 oz
Other: Processed sandwich meats with 8 grams or less fat per ounce, such as: Bologna, pimento loaf salami .....	1 oz
Sausage, such as bratwurst, Italian, knockwurst, Polish, smoked .....	1 oz
Hot Dog (turkey or chicken) ♥.....	1 (10 / lb)
Bacon .....	3 slices (20 slices / lb)
<b>Count as one high-fat meat plus one fat exchange</b>	
Hot Dog (beef, pork, or combination) ♥.....	1 (10 / lb)
Peanut butter (contains unsaturated fat) .....	2 Tbsp

**Monounsaturated Fats: One exchange equals 5 grams of fat and 45 calories.**

Avocado, medium .....	1/8 (1oz)
Oil (canola, olive, peanut) .....	1 tsp
Olives:	
ripe (black) .....	8 large
ripe (green, stuffed) ♥.....	10 large
Nuts:	
Almonds, Cashews .....	6 nuts
Mixed (50% peanuts) .....	6 nuts
Peanuts .....	10 nuts
Pecans .....	4 halves
Peanut Butter, smooth or crunchy .....	2 tsp
Sesame Seeds .....	1 Tbsp
Tahini Paste .....	2 tsp

**Drinks**

Bouillon, broth, consommé ♥	1 Tbsp
Bouillon or broth, low-sodium	
Carbonated or mineral water	
Cocoa powder, unsweetened .....	
Coffee	
Club Soda	
Diet soft drinks, sugar-free	
Drink mixes, sugar-free	
Tea	
Tonic water, sugar-free	

Condiments	
Catsup .....	1 Tbsp
Horseradish	
Lemon Juice	
Lime Juice	
Mustard	
Pickles, dill ♥.....	1 1/2 large
Soy sauce, regular or light ♥	
Taco Sauce .....	1 Tbsp
Vinegar	

Seasonings	
Be careful with seasonings that contain sodium or are salts, such as garlic or celery salt, and lemon pepper.	
Flavoring Extracts	
Garlic	
Herbs, fresh or dried	
Pimento	
Spices	
Tabasco or Hot Pepper Sauce	
Wine, used in cooking	
Worcestershire Sauce	

Combination Foods List		
Combination foods contain foods from more than 1 exchange list.		
Food	Serving Size	Exchanges Per Serving
<b>Entrees</b>		
Tuna noodle casserole, lasagna, spaghetti with meatballs, chili with beans, macaroni and cheese ♥.	1 cup (8 oz) .....	.....2 carbohydrates, 2 medium-fat meats
Chow mein (without noodles or rice) .....	2 cups (16 oz) ...	.....1 carbohydrate, 2 lean meats
Pizza, cheese, thin crust ♥.....	1/4 of 10 in.(5oz)	....2 carbohydrates, 2 medium-fat meats, 1 fat
Pizza, meat topping, thin crust ♥.....	1/4 of 10 in.(5oz)	....2 carbohydrates, 2 medium-fat meats, 2 fats
Pot pie ♥.....	1 (7 oz) .....	....2 carbohydrates, 1 medium-fat meat, 4 fats
<b>Frozen Entrees</b>		
Salisbury steak with gravy, mashed potato ♥.....	1 (11 oz) .....	2 carbohydrates, 3 medium-fat meats, 3-4 fats
Turkey with gravy, mashed potato, dressing ♥.....	1 (11 oz) .....	...2 carbohydrates, 2 medium-fat meats, 2 fats
Entrée with less than 300 calories ♥.....	1 (8 oz) .....	.....2 carbohydrates, 3 lean meats
<b>Soups</b>		
Bean ♥.....	1 cup .....	.....1 carbohydrate, 1 very lean meat
Cream (made with water) ♥.....	1 cup (8 oz) .....	.....1 carbohydrate, 1 fat
Split pea (made with water) ♥.....	1/2 cup (4 oz) ...	.....1 carbohydrate
Tomato (made with water) ♥.....	1 cup (8 oz) .....	.....1 carbohydrate
Vegetable beef, chicken noodle, ♥ .....	1 cup (8 oz) .....	.....1 carbohydrate
or other broth type		

♥ = 400mg or more sodium per exchange