

Diabetic Diet

Patient name: _____ Admission: _____

NRS
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- I. The client/caregiver can explain nutrition therapy for treatment of diabetes.**
- A. The goal for nutrition therapy with diabetes is to control the blood glucose levels. This can be done by
1. Establishing a routine for eating meals and snacks at regular times every day
 2. Choosing healthy foods in the correct amounts at each meal
 3. Eating the same amount of carbohydrates at each meal or snack, thus keeping blood sugar from going too high or too low during the day
 4. Having weight reduction if overweight
 5. Complying with any ordered drug therapy
- B. There are several methods to help develop an individual eating plan. The following suggestions are
1. The glycemic index is one method of counting carbohydrates or maintaining a consistent carbohydrate diet. Foods with a high glycemic index number will increase blood sugar levels more than a food with a lower number.
 2. Food exchange system is when groups of foods are put into categories. One serving in any group is called an exchange. This means an exchange from one group can be traded for a serving in another group.
 3. Consistent amounts of each macronutrient (carbohydrates, fats, and proteins) each day. Carbohydrates should consist of 45% to 65% of daily calories. Proteins should consist of 15% to 20% of daily calories. Fats should consist of 20% to 35% of daily calories.

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- II. The client/caregiver can list general healthy diabetic eating habits.**
- A. Limit amount of sweets.
 - B. Eat often but in smaller amounts.
 - C. Watch when and how many carbohydrates are eaten.
 - D. Include lots of whole-grain foods and fruits and vegetables.
 - E. Eat less fat.
 - F. Limit the use of alcohol.

RESOURCES

Dietician

Diabetic Nurse Educator (American Association of Diabetes Educators)
<http://members.aadenet.org/Scriptcontent/map.cfm>

American Diabetes Association
www.diabetes.org

National Diabetes Information Clearinghouse
<http://diabetes.niddk.nih.gov/>

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