Diabetes Stepping Up to the Plate

MyPyramid

Utah State University Extension

MyPyramid

http://www.mypyramid.gov

Personalize MyPyramid

- Can visit www.mypyramid.gov
- Enter age, sex, and level of physical activity
- Will calculate amount of calories and servings needed
- Can also use handout

Calorie Levels

- Find age, sex, and level of physical activity
- Sedentary: Less than 30 minutes a day of moderate physical activity in addition to daily activities.
- Moderately Active: At least 30 minutes up to 60 minutes a day of moderate physical activity in addition to daily activities.
- Active: 60 or more minutes a day of moderate physical activity in addition to daily activities.

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Males				Females			
Activity level	Sedentary	Mod. Active	Active	Activity level	Sedentary	Mod. Active	Active
Age				Age			
2	1000	1000	1000	2	1000	1000	1000
3	1000	1400	1400	3	1000	1200	1400
4	1200	1400	1600	4	1200	1400	1400
5	1200	1400	1600	5	1200	1400	1600
6	1400	1600	1800	6	1200	1400	1600
7	1400	1600	1800	7	1200	1600	1800
8	1400	1600	2000	8	1400	1600	1800
9	1600	1800	2000	9	1400	1600	1800
10	1600	1800	2200	10	1400	1800	2000
11	1800	2000	2200	11	1600	1800	2000
12	1800	2200	2400	12	1600	2000	2200
13	2000	2200	2600	13	1600	2000	2200
14	2000	2400	2800	14	1800	2000	2400
15	2200	2600	3000	15	1800	2000	2400
16	2400	2800	3200	16	1800	2000	2400

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Males				Females			
Activity level	Sedentary	Mod. Active	Active	Activity level	Sedentary	Mod. Active	Active
Age				Age			
17	2400	2800	3200	17	1800	2000	2400
18	2400	2800	3200	18	1800	2000	2400
19-20	2600	2800	3000	19-20	2000	2200	2400
21-25	2400	2800	3000	21-25	2000	2200	2400
26-30	2400	2600	3000	26-30	1800	2000	2400
31-35	2400	2600	3000	31-35	1800	2000	2200
36-40	2400	2600	2800	36-40	1800	2000	2200
41-45	2200	2600	2800	41-45	1800	2000	2200
46-50	2200	2400	2800	46-50	1800	2000	2200
51-55	2200	2400	2800	51-55	1600	1800	2200
56-60	2200	2400	2600	56-60	1600	1800	2200
61-65	2000	2400	2600	61-65	1600	1800	2000
66-70	2000	2200	2600	66-70	1600	1800	2000
71-75	2000	2200	2600	71-75	1600	1800	2000
76 and up	2000	2200	2400	76 and up	1600	1800	2000

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How Many Servings Are Right For You?

- Depends on calorie level

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Calorie Level and Servings

Calorie level	1000	1200	1400	1600	1800	2000	2200	2400	2600	2800	3000	3200
Fruits (cups)	1 C	1 C	1.5 C	1.5 C	1.5 C	2 C	2 C	2 C	2 C	2.5 C	2.5 C	2.5 C
Vegetables (cups)	1 C	1.5 C	1.5 C	2 C	2.5 C	2.5 C	3 C	3 C	3.5 C	3.5 C	4 C	4 C
Grains (ounces)	3 oz	4 oz	5 oz	5 oz	6 oz	6 oz	7 oz	8 oz	9 oz	10 oz	10 oz	10 oz
Meat & Beans (ounces)	2 oz	3 oz	4 oz	5 oz	5 oz	5.5 oz	6 oz	6.5 oz	6.5 oz	7 oz	7 oz	7 oz
Milk (cups)	2 C	2 C	2 C	3 C	3 C	3 C	3 C	3 C	3 C	3 C	3 C	3 C
Oil (teaspoons)	3 t	4 t	4 t	5 t	5 t	6 t	6 t	7 t	8 t	8 t	10 t	11 t
Discretionary Calories	165	171	171	132	195	267	290	362	410	426	512	648

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Balancing Carbohydrates

1,800 Calories	Breakfast	Snack	Lunch	Dinner
Grain, bean etc.	2 oz		2 oz	2 oz
Vegetable			1 cup	1.5 cup
Fruit		1/2 cup	1 cup	
Milk	1 cup	1 cup		1 cup
Meat			2 oz	3 oz
Oil	1 tsp		2 tsp	2 tsp

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1,600 Calorie Sample Meal Plan								
Food Group	**Total**	**Break-fast**	**Snack**	**Lunch**	**Snack**		**Dinner**	**Snack**
Grain, bean, & starchy veg.	6	2		2			2	
Fruit	2			1	1			
Milk – Low fat	3	1					1	1
Carbohydrate Servings -- Total		3		3	1		3	1
Vegetable	3			1			2	
Meat	5			2			3	
Fat	4	1		1			2	

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2,200 Calorie Sample Meal Plan

Food Group	Total	Break-fast	Snack	Lunch	Snack	Dinner	Snack
Grain, bean, & starchy veg.	9	2		3		3	1
Fruit	3	1		1	1		
Milk – Low fat	3	1				1	1
Carbohydrate Servings -- Total		4		4	1	4	2
Vegetable	4			1	1	2	
Meat	6			2		3	1
Fat	8	2		2		2	2

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Your Meal Plan – Calorie Level_____

Food Group	Total	Break-fast	Snack	Lunch	Snack	Dinner	Snack
Grain, bean, & starchy veg.							
Fruit							
Milk – Low fat							
Carbohydrate Servings -- Total							
Vegetable							
Meat							
Fat							

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Exchanging Food Groups

- Grain=Milk=Fruit

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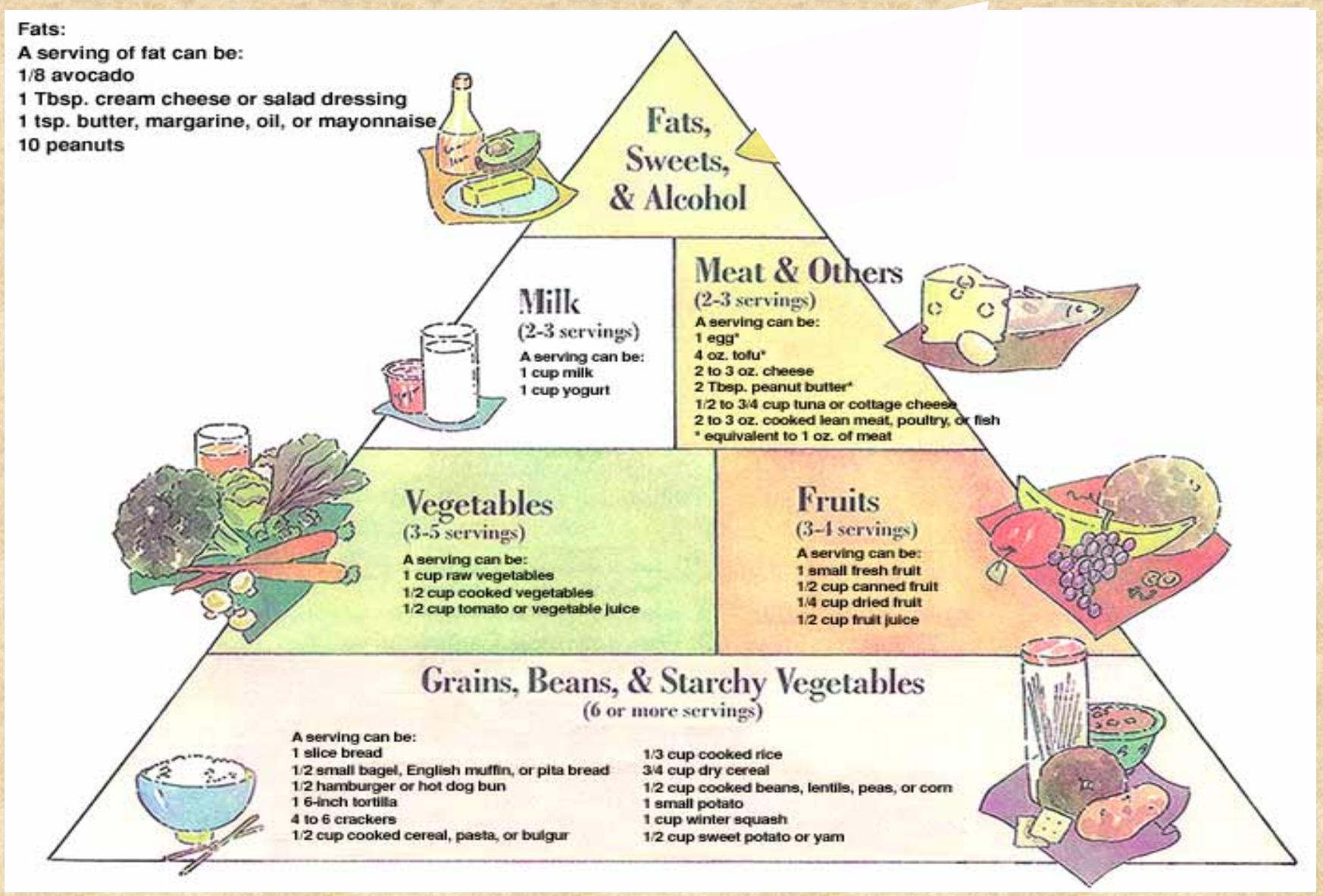

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Number of Servings

- 6-11 Grains, beans, and starchy vegetables servings
- 3-5 Vegetable servings
- 2-4 Fruit servings
- 2-3 Milk servings
- 5-7 ounces of Meat or meat alternates
- Fats and Sweets use sparingly

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Dietary Guidelines

- Adequate Nutrients Within Calorie Needs
  - Nutrient Dense with variety
  - Dash – an example
- Weight Management
  - Prevent gradual weight gain by cutting back calories and increase physical activity

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Dietary Guidelines

- **Exercise Continued:**
- To ↓ chronic disease -- 30 minutes moderate each day.
- Greater health benefits -- more vigorous for longer periods
- Prevent gradual weight gain – 60 min. moderate to vigorous
- Sustain weight loss – 60 -90 min moderate to vigorous.

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Dietary Guidelines

- Food Groups to Encourage
  - 2 ½ c of a variety of fruits & vegetable
  - ≥ 3 ounces whole grains
  - 3 cups milk or dairy equivalent
- Fats
  - ≤ 10 of calories as saturated or trans fat
  - Total fat ≤ 20 – 35 % of total calories
  - Choose lean meats, low fat cooking techniques

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Dietary Guidelines

- Carbohydrate
  - Choose fiber rich fruits, vegetables , whole grains
  - Use little added sugar foods
  - Reduce dental caries by practicing good oral hygiene --- fewer sugar/starch foods

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Dietary Guidelines

- **Sodium & Potassium**
  - ≤ 1 tsp salt
  - Choose K+ rich foods (fruits & veg)
- **Alcoholic Beverages**
  - 1/day for women, 2/day for men
  - No consumption for alcoholics, pregnant, lactating women, children, teens, some medications, or when attention is needed to an activity.

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Dietary Guidelines

- **Food Safety**
- Clean hands, contact surfaces, fruits/veg
- Separate raw, cooked & ready to eat foods
- Cook to safe temperature
- Chill promptly/ defrost properly
- Avoid raw milk 7 eggs, undercooked meat/poultry, raw sprouts, un-pasteurized juices

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Summary

- Diabetes Educators Must Guide the Client
  - Basics of Diabetes (what is a CHO)
  - Pyramid
  - Calorie Level
  - Servings per calorie
  - Distribute the calories throughout the day
  - MyPyramid has games and activities that can supplement your guidelines.

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