

## Jamison: Patient Education and Wellness

### HANDOUT 9.6: DIABETES DIETARY WELLNESS PROGRAM

Diabetes type 2 could be largely prevented and controlled by maintaining an ideal body weight.

Weight

BMI calculator <http://www.healthcalculators.org/calculators/bmi.asp>

See <http://www.mypyramid.gov/STEPS/stepstohealthierweight.html>

It is important to consider:

- fat intake, to avoid hypercholesterolaemia
- carbohydrate intake, to avoid wide insulin/glucose fluctuations.

A good diet for diabetics is the Mediterranean diet.

Find the Mediterranean Pyramid at <http://www.mayoclinic.com/health/healthy-diet/NU00190>

The vegetarian diet is another helpful option.

It is also possible to create your own diet. See

<http://www.mayoclinic.com/health/diabetes-diet/DA00027>

<http://www.mayoclinic.com/health/diabetes-recipes/RE00091>

Be careful when eating out. See <http://www.mayoclinic.com/health/diabetes-nutrition/DA00131>

#### DIETARY AIMS

#### CURRENT INTENDED ACHIEVED

I limit my fat intake and favour monounsaturated fat, e.g. olive oil  
I use low-fat dairy products

I eat fish in preference to meat

I include lots of nuts and legumes in my diet

I eat lots of whole plant foods

I favour whole grains

See

<http://www.mayoclinic.com/health/whole-grains/NU00204>

I read food labels when buying processed foods

See

<http://www.mayoclinic.com/health/food-labels/DA00129>


I avoid sugar/sucrose

See

<http://www.mayoclinic.com/health/artificial-sweeteners/AN00348>

I limit my alcohol and sodium intake

I maintain my ideal body weight

Insert details of present activity	Insert date at which intended activity will be achieved	Insert progress report on new exercise behaviour

Diabetics may have:

25–30% of their energy from fat. No more than 7% should come from saturated or *trans* fats.

Eat avocados, nuts, olive oil and fish. Calculate your fat intake:

<http://www.healthcalculators.org/calculators/fat.asp>

45–65% of energy from carbohydrate. Select whole foods – wholegrains, vegetables and fruits.

Calculate your carbohydrate intake:

<http://www.healthcalculators.org/calculators/carbohydrate.asp>

For every 1000 kcal, an intake of 14 g of fibre is recommended. Calculate your fibre intake:

<http://www.healthcalculators.org/calculators/fiber.asp>

<http://www.webmd.com/diet/healthtool-fiber-meter>

<http://www.webmd.com/diet/features/why-you-need-more-fiber>

12–20% of total energy from protein. Calculate your protein intake:

<http://www.healthcalculators.org/calculators/protein.asp>

Qualified claims about reducing the risk of diabetes

<http://www.cfsan.fda.gov/~dms/qhc-sum.html#diabetes>