

ADA Diet Highlights

Diet from the American Diabetes Association



The American Diabetes Association has developed a diet plan for people with diabetes.

Here are a few key things to remember:

Carbohydrate intake (focus on complex carbohydrates compared to simple carbohydrates)

Men: Meals: Up to 45-60 grams of carbohydrates per meal, 3 times daily.
Snacks: 15 grams of carbohydrates per snack, 2-3 times daily.

Women: Meals: Up to 45 grams of carbohydrates per meal, 3 times daily.
Snacks: 15 grams of carbohydrates per snack, 2-3 times daily.

Protein: Consume at least $\frac{1}{2}$ gram per lb of body weight daily. (If you are exercising regularly, we suggest between $\frac{3}{4}$ to 1 gram per lb of body weight)

Read: Read all labels. Know what you are consuming. (You will be surprised how much sugar is in things!)

Foods: Low-fat protein sources, alkaline vegetable sources (4 cups daily), Olive Oil (plant base vs animal fat/butter)

Water: A minimum of 1 liter in the morning, and 1 liter in the afternoon. Consume half your body weight in water on a daily basis. Example: If you weigh 140 pounds, you could be drinking 70 ounces of water on a daily basis.

Count: Count all carbohydrates consumed and journal the information in a logbook. People who log food intake lose weight faster and keep it off longer than those who do not.

Weigh: Weigh yourself weekly. (Attached is sheet to help you track that)

Measure: Measure your abdominal girth every 2 weeks.

Restrict: Restrict fruits (simple sugars) and dairy products to mornings only. Avoid fruit juices and choose whole fruit.

Combine: Combine fatty meats (red) with vegetables/salad. Combine low-fat meat (chicken, fish) with complex carbohydrates (potato, rice, whole-grain bread).

Vegetables: Frozen vegetables are often picked at peak freshness and are less expensive.

Enjoy: Enjoy food and social eating. Eat to live instead of living to eat!

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**We recommend 30 minutes of exercise at least 3 times a week.*

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