

Your Nutrition Assessment

Health



Heart



These are suggested patterns of distributing the balanced diet food groups. They can be varied. To be within the target calorie range, it is assumed that lean meats and low fat foods are chosen in each group.

1500 Calorie Diet for Women

Food Group	Total Servings for Day	Total Servings			
		B	L	D	Snack
Breads	7	2	2	2	1
Vegetables	3		1	2	
Fruit	3	1	1	1	
Dairy	2 1/2	1	1		1/2
Meats	2 (6 oz total)		1	1	
Fat	3		1	1	1

2200 Calorie Diet for Men

Food Group	Total Servings for Day	Total Servings				
		B	L	Snk	D	Snk
Snack						
Breads	11	2	2	2	3	2
Vegetables	5		2	1	2	
Fruit	5	1	1	1	1	1
Dairy	3	1	1			1
Meats	3 (8 oz total)	1	1		1	
Fat	4	1	1	1	1	

Diabetes and Nutrition

Diabetes is a group of diseases characterized by high blood glucose. Since insulin, produced by the pancreas, is a hormone, diabetes is treated most often by an endocrinologist – a specialist who treats hormone disorders. Diabetics cannot effectively use blood glucose for energy. About 15.7 million Americans have diabetes, 5.4 million of whom are undiagnosed.

Nutrition Guidelines

Sometimes diet alone can control the most common type of diabetes, type II, if you follow these guidelines:

1. **Eat the right amount for your age, weight, and exercise pattern.**
2. **Eat meals and snacks at regular times to prevent low blood glucose.**
3. **Eat the right foods, which means, in general to:**



Limit protein to 10-20% of daily calories
Limit fat to 30% of calories, less than 10% from saturated fat
Limit cholesterol to 300 mg or less
Eat more fiber - 20 to 35 grams per day
Limit sodium (salt) to 2,400-3,000 mg per day
Be careful with alcohol which can lower blood glucose

Understanding the Six Exchange Groups:

You should follow a meal plan that allows you a number of servings from each food group. Then you can exchange or trade a food for any other food in the same group. For example, if you should have one fruit for dinner, it can be one apple, one melon serving, or ½ cup of fruit juice. Pick the foods you like to eat in each group.

The Six Exchange Groups are:

1. **Starch/Breads**, including starchy vegetables such as potatoes or rice.
2. **Vegetables** including all the lower starch and other vegetables.
3. **Milk and dairy** products, including cottage cheese, lower-fat cheeses, etc.
4. **Fruits** and fruit juices.
5. **Meat**, fish, poultry and eggs.
6. **Fats**, including butter, sauces and gravies, cream, margarine, dressings.

Once you have an established number of servings in each exchange group you can mix and match within the group to your heart's delight!

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