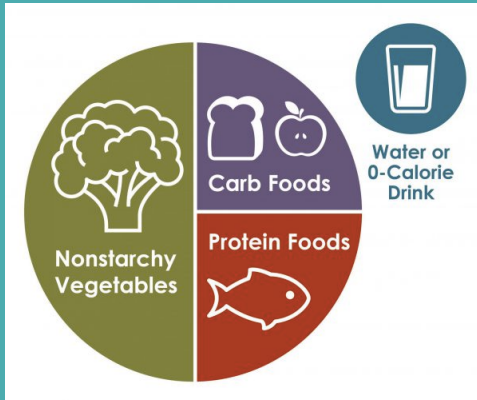


# MANAGING DIABETES: FOOD & MEAL PLANNING



1

**Non starchy vegetables** (salad, green beans, broccoli, cauliflower, cabbage, and carrots)

2

**Lean protein** (chicken, turkey, beans, tofu, or eggs)

3

**Carbs** (grains, potatoes, peas, rice pasta, beans, fruit, yogurt)

4

**Cup of milk to substitute as a carb food**

5

**Water or a low-calorie drink** (unsweetened ice tea)

## Sample Menu

### Breakfast

- ½ cup rolled oats (28g)
- 1 cup low-fat milk (13g)
- 2/3 medium banana (20g)
- ¼ cup chopped walnuts (4g)
- Total carbs: 65 grams, about 4 carb servings

### Lunch

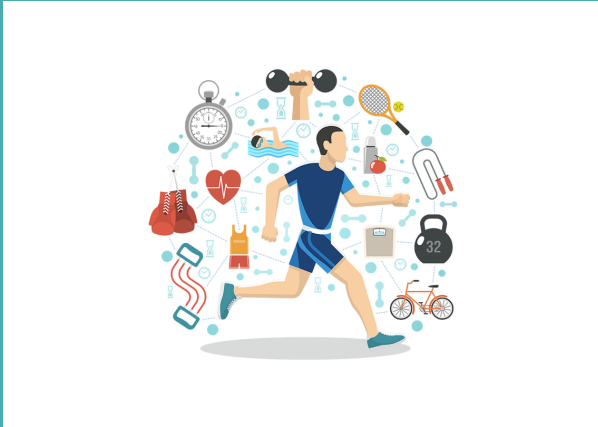
- 2 slices whole wheat bread (24g)
- 4 oz. low-sodium turkey meat (1g)
- 1 slice low-fat Swiss cheese (1g)
- ½ large tomato (3g)
- 1 TBS yellow mustard (1g)
- ¼ cup shredded lettuce (0g)
- 8 baby carrots (7g)
- 6 oz. plain fat-free Greek yogurt (7g)
- ¾ cup blueberries (15g)
- Total carbs: 59 grams, about 4 carb servings

### Dinner

- 6 ounces baked chicken breast (0g)
- 1 cup brown rice (45g)
- 1 cup steamed broccoli (12g)
- 2 TBS margarine (0g)
- Total carbs: 57 grams, about 4 carb servings
- Snack
- 1 low-fat string cheese stick (1g)
- 2 tangerines (18g)
- Total carbs: 19 grams, about 1 carb serving

**\*Sourced from the CDC**

# MANAGING DIABETES: PHYSICAL HEALTH & FITNESS



20 - 25 minutes of moderate-intensity activity per day

1

Walking Briskly

2

Dancing

3

Swimming

4

Bicycling

5

Playing Sports

## Types of Exercises to Include for Diabetic Patients

### Aerobic exercise

- Uses major muscle groups for 10 minutes at a time
  - Brisk walking, swimming, dancing

### Resistance Exercise (Strength Training)

- Control blood sugar levels
- Improve insulin sensitivity
- Ex: weight training with barbells, elastic bands
- 3 sets of 8 - 10 repetitions
- Every other day

### Warm Up/Cool Down

- Warm up muscles and joints for workout
- Warm Up Ex: walking slowly for 5 minutes for quicker paced walk or run
- Cool Down Ex: slowing pace of activity until your heart rate and breathing is back to baseline

### Stretching

- Stretch before and after workouts
- Hold stretch for 10 - 30 seconds without bouncing