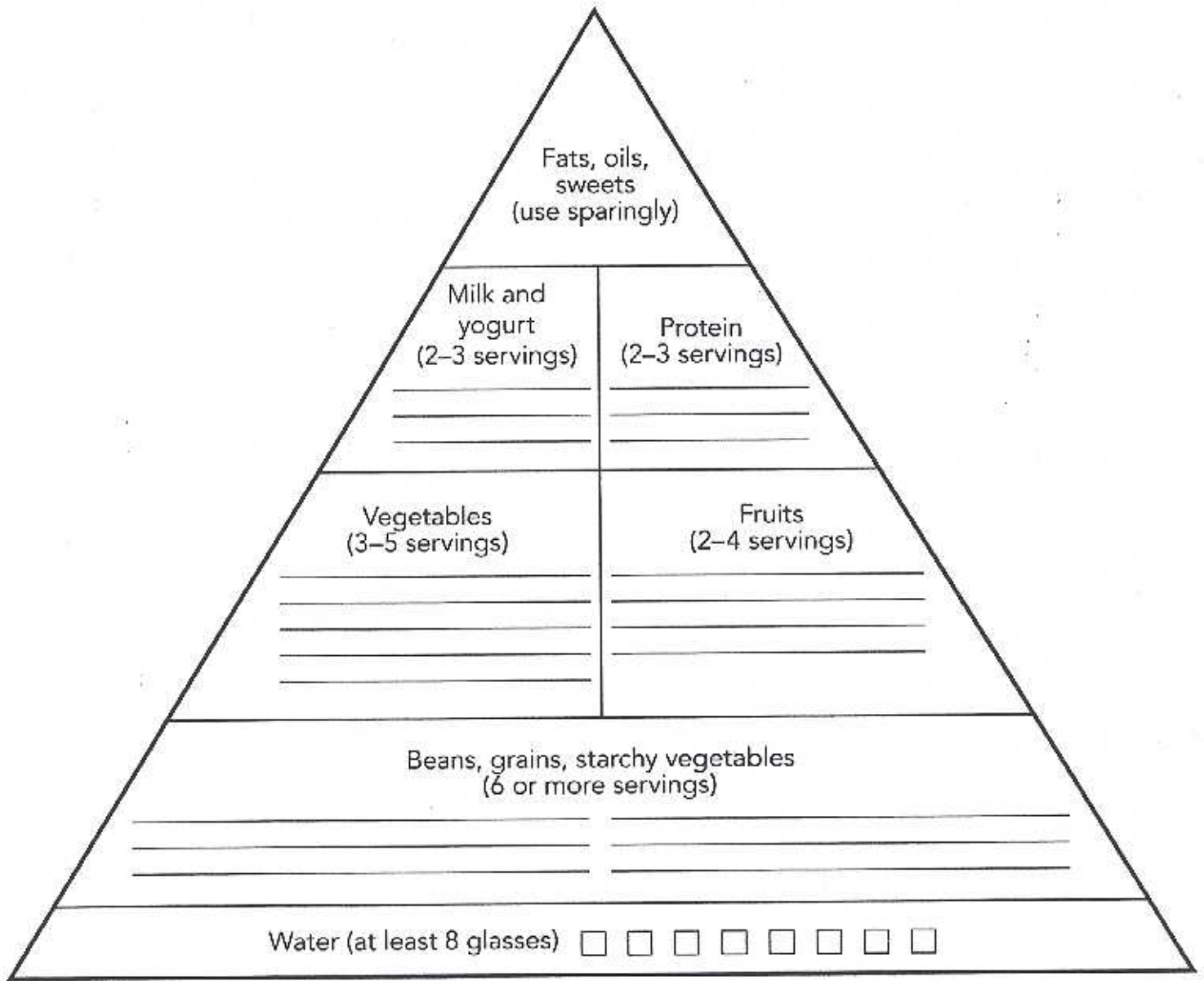


Food pyramid worksheet

Look at your food record. Fill in the worksheet according to how many servings of each group you ate. Compare what you ate to the recommended amounts.



This food pyramid has been modified to represent the dietary needs of people with diabetes. It does not exactly match the recommendations of the USDA food pyramid.

Counting carbohydrates

Starch and sugar in foods are called carbohydrates. Found in such foods as breads, cereals, vegetables, fruit, and dairy, carbohydrates convert to sugar in the body, and are your main source of energy.

Carbohydrates cause a rise in blood sugar levels. This is why it's important to know how many carbohydrates are in the food you eat. Managing your carbohydrate intake will help you control your blood sugar.

Carbohydrate counting is just that—counting the number of carbohydrate grams in any given food. Then, you make sure the total doesn't exceed your dietary goal for that meal or day.

Look at the same meal counted in both systems:

Food-serving size (servings or choices)	Total grams of carbohydrate (15 grams = 1 choice)
1 choice = 1/2 cup peas 1 choice = 1/3 cup pasta 1 choice = 1 cup milk 1 choice = 1 roll (1 ounce) 0 carbohydrates = 4 ounces pork 5 carbohydrates = 1 cup salad greens	11 grams = 1/2 cup peas 15 grams = 1/3 cup pasta 12 grams = 1 cup milk 15 grams = 1 roll (1 ounce) 0 grams = 4 ounces pork 5 grams = 1 cup salad greens
Total of 4 choices (servings) of carbohydrate	Total of 58 grams of carbohydrate

Eating three to four carbohydrate choices (45 to 60 grams) per meal, and one to two carbohydrate choices (15 to 30 grams) per snack, may help balance blood sugar throughout the day.

It doesn't generally matter which type of carbohydrates you eat—as long as the total amount remains consistent from day to day.

For this reason, carbohydrate counting can allow people with diabetes greater freedom in their food choices.

Counting carbohydrates allows you to estimate a serving of carbohydrates by using one of the two systems shown in the table below.

- The food-serving or choice system.
- The total-grams-of-carbohydrate system.



A healthy calorie level

The calorie level that is safe and healthy for you will depend on several factors, including your age, gender, weight, and activity level. The following guidelines will help you find a calorie level that will best meet your needs.

Step 1

Determine the healthy body weight for your height.

For women:

100 pounds for the first five feet, plus five pounds for each additional inch of height. *Example: A healthy body weight for a woman who is 5' 3" would be 115 pounds.*

For men:

106 pounds for the first five feet, plus six pounds for each additional inch of height. *Example: A healthy body weight for a man who is 5' 9" would be 160 pounds.*

My healthy body weight is: _____

Note: Other factors—such as body frame size—may need to be taken into account. This can affect the accuracy of these calculations by as much as 10 percent. If, for instance, you have a particularly large body frame, multiply your healthy body weight by .10 and add that amount to your total to reach your *adjusted* healthy body weight.

My healthy body weight is: _____

Multiply by .10: _____

Add—or subtract—this figure to or from your healthy body weight to determine your adjusted body weight, if necessary.

Adjusted healthy body weight: _____

Step 2

Determine your activity level:

- Sedentary—low-intensity activities such as sitting, standing, driving. Some walking—but not as exercise.
- Moderately active—regular daily routine, including housework or yard work, plus at least 30 minutes of aerobic activity three to four times per week.
- Very active—regular daily routine plus 30 to 60 minutes of aerobic activity every day.

Step 3

Determine the approximate number of calories you need per day by multiplying your (adjusted) healthy body weight by one of the following:

Your activity level	Calories per pound
Sedentary	13
Moderately active	15
Very active	17

Calories per pound: _____

Adjusted healthy body weight: x _____

Approximate calories needed per day: _____

Example: A sedentary 5' 9" man would need approximately 2,080 calories per day (160 pounds multiplied by 13), and a moderately active 5' 3" woman would need approximately 1,725 calories per day (115 pounds multiplied by 15).

Step 4

Make adjustments to your food plan that will facilitate weight loss or gain as required.

One pound is equal to 3,500 calories. So, if you are trying to lose one pound per week, you will need to eat approximately 500 fewer calories per day.

Remember, physical activity will burn calories—the more exercise you get, the more calories you can eat each day.

Based on the information in this exercise, choose the calorie level that is best for you. *Please note that women should eat at least 1,200 calories per day, and men should eat at least 1,500 calories per day.*

My calorie-level goal is: _____

Now that you have determined your healthy caloric level, try to make food choices based on that level. Here are some sample daily food-choice plans based on caloric levels:

1,200 to 1,500 calories	1,500 to 1,800 calories	1,800 to 2,000 calories
10 to 12 carbohydrate choices: Starch/bread 5-7 Fruit..... 2-3 Low-fat milk..... 2 Vegetable3 Protein 1-2 Fat.....2-3	12 to 15 carbohydrate choices: Starch/bread7-9 Fruit.....3-4 Low-fat milk..... 2 Vegetable 3-4 Protein2 Fat.....3	15 to 18 carbohydrate choices: Starch/bread 9-11 Fruit.....3-4 Low-fat milk..... 2 Vegetable 4-5 Protein2-3 Fat..... 3-4

Using these charts, divide your choices into meals and snacks:

Meals	Carbohydrates:			Vegetables (non starchy)	Protein	Fat
	Starch	Fruit	Milk			
Breakfast	2	1	1		1	1
Morning snack		1				
Lunch	2			2		1
Afternoon snack			1			
Dinner	1	1		2	1	
Evening snack	1		1			
TOTAL	6	+3	+3			
	12 = total carbohydrates			4	2	2

Meals	Carbohydrates:			Vegetables (non starchy)	Protein	Fat
	Starch	Fruit	Milk			
Breakfast						
Morning snack						
Lunch						
Afternoon snack						
Dinner						
Evening snack						
TOTAL		+	+			
	= total carbohydrates					

There is a blank form for meal planning in the back of this workbook. Or you can create your own record in a notebook or daily planner—whichever is easier for you.