

Diet and exercise recommendations for adults with diabetes

Patient: _____

Date: _____ Medical Record #: _____

Glycemic control

American Diabetes Association (ADA) recommendations ¹	Your goals:
Preprandial capillary plasma glucose	70-130 mg/dL (3.9-7.2 mmol/l) _____
Peak postprandial capillary plasma glucose*	<180 mg/dL (<10.0 mmol/l) _____
American Association of Clinical Endocrinologists recommendations²	
Preprandial capillary plasma glucose:	≤110 mg/dL
Peak postprandial capillary plasma glucose:	≤140 mg/dL

Diet

ADA diabetes food pyramid ³	Your plan:
Daily serving ranges based on body type and level of activity:	
• Grains and starches (bread, potato, tortilla, pasta)—6-11 servings	Servings/day _____
• Vegetables (broccoli, carrots, tomatoes, lettuce)—3-5 servings	_____
• Fruit (strawberries, oranges, apples, grapes)—2-4 servings	_____
• Milk (low-fat milk, yogurt)—2-3 servings	_____
• Meat and meat substitutes (poultry, fish, cheese, peanut butter)—4-6 ounces	_____
• Fats and sweets (ice cream, muffin, small cookies)—small servings, for special treats	_____

Exercise goals

ADA recommendations ¹	Your plan:
At least 150 minutes per week of moderate-intensity aerobic activity:	
• In the absence of contraindications, encourage patients to perform resistance training 3 times per week	Exercise days _____
• Remind patients that regular exercise has been shown to improve blood glucose control, reduce cardiovascular risk factors, contribute to weight loss, and improve well-being	
National Institutes of Health recommendation⁴	
At least 30 minutes of exercise most days of the week:	
• All at once or in smaller increments throughout the day	
Remind the patient to talk with a doctor before beginning any exercise program.	

Referrals (as needed) _____

*Postprandial glucose measurements should be made 1–2 h after the beginning of the meal, generally peak levels in patients with diabetes.

References: 1. American Diabetes Association. Standards of medical care in diabetes—2008. *Diabetes Care*. 2008;31(suppl 1):S12-S54. 2. American Association of Clinical Endocrinologists. Medical guidelines for the management of diabetes mellitus: the AACE system of intensive diabetes self-management. *Endocr Pract*. 2007;13(suppl 1):3-68. 3. American Diabetes Association. Using the diabetes food pyramid. American Diabetes Association Web site. <http://www.diabetes.org/nutrition-and-recipes/nutrition/foodpyramid.jsp>. Accessed April 21, 2008. 4. National Diabetes Information Clearinghouse; National Institute of Diabetes and Digestive and Kidney Diseases. Prevent diabetes problems: keep your heart and blood vessels healthy. National Diabetes Information Clearinghouse Web site. http://diabetes.niddk.nih.gov/dm/pubs/complications_heart/heart.pdf. Published February 2007. Accessed April 21, 2008.