

Calculating Your Calorie Needs Work Sheet:

Prescribing weight loss and lifestyle modifications are usually the first steps in newly diagnosed type 2 diabetes mellitus (T2DM) care. Losing 5-10% of your body weight can decrease hemoglobin A_{1c} by 1-2% and can reduce your risk of developing T2DM by 58% (Green *et.al.*, 2002) Commercial weight loss programs and gym memberships are often cost prohibitive for patients leaving people to the myriad of information available on line or advice from their primary care providers. While I do not question the empathy of providers, I thought it would be a fun and educational experience for us all to put ourselves in the position that we often ask of others – to watch what we eat and count carbs for **1 day**.

Participation is voluntary and your responses will be confidential. All responses will be anonymous, no information obtained will be identifiable or linked to participants.

Before you start calorie counting, please take a minute and answer the following questions:

For the following statements please check that box that best describes you:

	Strongly Agree	Agree	Neither Agree or Disagree	Disagree	Strongly Disagree
On average, I consume the appropriate caloric needs for my age and level of activity.					
My BMI is within the “normal” range.					
Losing weight has never been difficult for me.					
If I had to lose weight, I would rather exercise more than eat less.					
I anticipate counting carbohydrates to be easy.					
Most days I do not have time to prepare meals at home.					
Eating healthy is cost prohibitive for myself/ my family.					

Which of the following best describes your highest completed level of education?

Some high school/ high school (GED equivalent)/ Some college/ Associate degree / Bachelors degree/ Graduate degree (Masters, Doctorate, Post-Doctorate)

Thank you!

The instructions that follow are to calculate your daily calorie needs and dietary intake requirements.

1. *Determine your activity level.* The American Diabetes Association has three statements to help assess your current activity level.
 - a. I don't do anything other than what I need to do for my usual activities, such as going to work or school, grocery shopping, or doing chores around the house. (This is considered **not active or sedentary**.)
 - b. I do some moderate exercise every day in addition to doing my usual activities. For example, I walk about 1.5 to 3 miles a day at about 3 to 4 miles an hour. Or I do something else that's moderately active. (This is considered **moderately active**.)
 - c. I am very active every day in addition to doing my usual activities. For example, I walk more than 3 miles a day at about 3 to 4 miles an hour. Or I do something else that's very active. (This is considered **active**.)
2. Using the table developed from the 2010 US Dietary Guidelines for Americans, *determine your calorie needs* by gender, age and activity level.
3. Using the American Association of Clinical Endocrinologists and American Diabetes Association nutritional guidelines, *determine weight loss goal*.

To calculate BMI:

$$\text{Kg/ m}^2 \text{ or } [(\text{weight in lbs}) / (\text{height in inches})^2] \times 703$$

Classification for Caucasians	BMI	Target weight decrease*
Underweight	< 18.5	
Normal	18.5-24.9	
Overweight	25.0- 29.9	5-10%
Obese class I	30.0- 34.9	5-10%
Obese class II		5-10%
Extremely Obese class III		15%

*Total daily deficit of 250 to 1000 calories per day.

One pound is equal to 3500 calories. To lose 1lb/ week reduce daily calories by 500.

4. Keeping a food diary for a day *calculate your daily caloric intake* and recommended percentage of calories from each groupⁱ¹ (see below) keeping in mind that the “Percent Daily Value (or %DV)” is calculated on nutrition fact labels based on a 2000 calorie diet.
 - Carbohydrates (preferably low-glycemic index): 45% to 65% daily energy intake and not less than 130 g/d in patients on low calorie diet

-
- Protein: 15% to 20% daily energy intake
- Dietary fat: <30% daily energy intake
- Saturated fat: <7% daily energy intake
- Cholesterol: <200 mg/day
- Fiber: 25–50 g/day
- Trans fats: minimize or eliminate
-

Thank you for your participation!

Please take a few minutes to complete the following questions:

1. If you were diagnosed with T2DM how many calories could you consume a day?
2. If you were diagnosed with T2DM would your target weight be less than your current weight?
Yes / no

For the following statements please check that box that best describes you:

	Strongly Agree	Agree	Neither Agree or Disagree	Disagree	Strongly Disagree
On average, I consume the appropriate caloric needs for my age and level of activity.					
My BMI is within the “normal” range.					
Reading the nutritional labels was easy.					
Counting carbohydrates was easy.					
I would be more likely to refer newly T2DM diagnosed patients to a diabetes educator than before this exercise.					
Counting carbs was too time consuming.					
I would rather follow a meal plan that had the carbs calculated than count carbs on my own.					

References:

AACE American Association of Clinical Endocrinologists; ADA American Diabetes Association; *BMI* body mass index (Adapted from: National Guideline Clearinghouse. Guideline synthesis: Nutritional management of diabetes mellitus.

2009. <http://www.guideline.gov/syntheses/synthesis.aspx?id+16430>. Accessed June 22, 2011.)

American Diabetes Association. US Dietary Guidelines for Americans. 2010. Available online: <http://main.diabetes.org/dorg/PDFs/WeightLoss/calorie-intake-chart.pdf>

Green Pastors, J., Warshaw, H., Daly, A., Franz, M., Kulkarni, K. *The Evidence for the Effectiveness of Medical Nutrition Therapy in Diabetes Management* 2002 *Diabetes Care* 25(3): 608-613 Available online: <http://dx.doi.org/10.2337/diacare.25.3.608>
