

## By the numbers:

How many calories do I need per day?

Age	Sedentary	Somewhat Active	Active
<b>Male</b>			
45-60	2200	2400	2600
61-75	2000	2200	2600
76+	2000	2200	2400
<b>Female</b>			
45-60	1800	2000	2200
61-75	1600	1800	2000
76+	1600	1800	2000

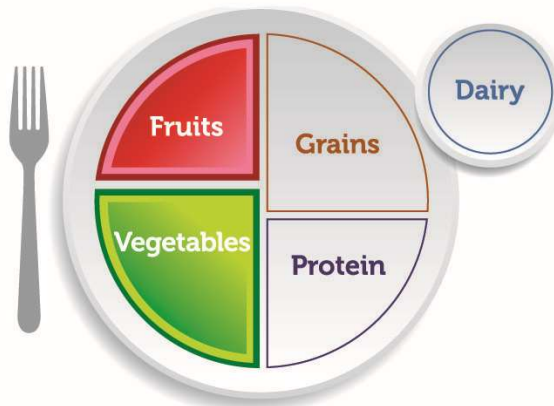
\* Estimates

Fill your 9" plate:

60% Non-starchy veggies with fruit

20% Protein

20% Grains & Starchy foods



Choose **MyPlate**.gov

## Resources

- Schedule an appointment with a Certified Diabetic Educator!

**Nancy Salem RD, CDE**  
 41 Germantown Road, Suite B-03  
 Danbury, CT  
 203-739-4980

Ask about the Diabetes Self-Management Education Program

- YMCA's Diabetes Prevention Program

**Lisa O'Conner**  
 Program Director  
 T: (203) 775-4444 x135

CDC approved curriculum to improve healthier eating, moderate physical activity, and coping skills for your diabetic management.

- Join an online community!

[www.diabetesdaily.com](http://www.diabetesdaily.com)

- For More Information:

[www.diabetes.org](http://www.diabetes.org)  
[www.choosemyplate.gov](http://www.choosemyplate.gov)  
[health.gov/dietaryguidelines](http://health.gov/dietaryguidelines)  
[ndep.nih.gov](http://ndep.nih.gov)

## My Diabetic Diet

As you begin to manage your diet as a pre-diabetic or Type 2 diabetic, it can be difficult to figure out where to begin.

Use this pamphlet as a reference for suggestions and resources to get you on the right track!!



## PRIMARY CARE OF SOUTHBURY

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 Suite 108  
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## Eating out for diabetics

- **Watch your portion sizes!**  
When taking away food, consider packing less to go!
- **Avoid high calorie drinks!**  
Soda & Milkshakes can add extra sugar, saturated fat and calories! Consider drinking water or unsweetened iced tea as an alternative.
- **Make Requests!**  
Ask your chef to replace whole eggs with egg whites or use vegetable oil instead of butter!
- **Romantic night?**  
Dry wines help reduce blood sugar levels.



## What is a portion?

### Grains

Dry Cereal = 1 cup (size of fist)  
Pasta/Rice = ½ cup (1 handful)  
Slice of whole-wheat bread

### Protein

Chicken Breast = 3oz (size of palm)  
Peanut Butter = 1tbsp (size of thumb)

### Vegetables

Cooked carrots = 1 cup (size of fist)  
Salad = 2 cups (size of two fists)

### Fruits

Apple = 1 medium (1 fist)  
Canned Peaches = 1 cup (size of fist)

### Dairy

Milk & Yogurt = 1 cup (size of fist)  
String Cheese = 1.5oz (index finger)

## Helpful Habits

- **Schedule regular meals!**  
Diabetic diets have their best effect when three appropriate meals are eaten at consistent times each day.
- **Add some exercise!**  
30 minutes/day of moderate intensity aerobic exercise (brisk walk, or biking) helps reduce blood sugar.

## Glycemic Index

The glycemic index compares the effects of foods on blood sugar.

☺ **Low Glycemic Index (<40)** foods, raise blood sugar by small amounts over a long period of time.

☹ **High Glycemic Index (>70)** foods raise Blood Sugar Levels quickly.

### Grain & Starch

27 Bran Cereal  
54 Spaghetti  
74 Corn Tortilla  
85 Baked Potatoes  
100 White Bread

### Lentils

18 Soybean  
41 Kidney Beans  
46 Lima Beans  
47 Chickpeas  
55 Pinto Beans

### Vegetables

15 Asparagus  
15 Broccoli  
15 Cucumber  
15 Peppers  
15 Spinach  
15 Tomatoes  
39 Cooked Carrots

### Fruits

25 Grapefruit  
38 Apple  
42 Peach  
44 Orange  
54 Banana  
66 Pineapple  
72 Watermelon

### Dairy

14 Plain Yogurt  
30 Soy Milk  
32 Skim Milk  
36 Fruit Yogurt  
61 Ice Cream

### Alcohol

<15 Dry Wine  
15 Whiskey  
>15 Beer

**Excess Alcohol will raise blood sugar!**  
Dry Wine < Whiskey < Pilsner < Stout