

Diet and exercise recommendations for adults with diabetes

Patient: _____

Date: _____ Medical record #: _____

Glycemic control

American Diabetes Association (ADA) recommendations¹

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

2-hour postprandial glucose <140 mg/dL

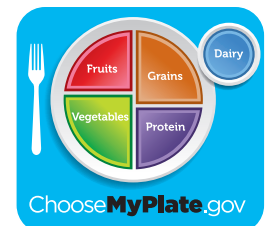
Diet

United States Department of Agriculture (USDA) food plate³

Your plan:

Divide your meal into 5 sections to help you get started toward a healthier diet:

- Whole and refined grains (such as brown rice, oatmeal, white bread, white rice)
- Vegetables (including broccoli, carrots, lentils, cabbage)
- Fruit (such as apples, strawberries, oranges, watermelon)
- Dairy (such as low-fat milk, cheese, yogurt, puddings)
- Meat and meat substitutes (meats, such as lean cuts of beef, chicken, fish; or meat substitutes, such as black beans)



USDA does not endorse any products, service, or organizations.

Exercise goals

ADA recommendations¹

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
- 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

Exercise days: _____

National Institutes of Health recommendation⁴

At least 30 minutes of exercise 5 days a week:

- All at once or in smaller increments throughout the day

Remind the patient to talk with a healthcare provider before beginning any exercise program.

Referrals (as needed) _____

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

References: 1. American Diabetes Association. Standards of medical care in diabetes—2011. *Diabetes Care*. 2008;31(suppl1):S12-S54. 2. Handelsman Y, Mechanick JI, Blonde L, et al; AACE Task Force for Developing Diabetes Comprehensive Care Plan. American Association of Clinical Endocrinologists Medical Guidelines for Clinical Practice for Developing a Diabetes Mellitus Comprehensive Care Plan. *Endocr Pract*. 2011;17(suppl 2):1-53. 3. USDA. Food groups. USDA Web site. <http://www.choosemyplate.gov/foodgroups/index.html>. Accessed June 24, 2011. 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/prevent_diabetes_problems_heart/heart.pdf. Published February 2007. Accessed June 20, 2011.