

PERSONAL MEAL PLAN

Meal Plan for: _____ Date: _____

Registered Dietitian: _____ No. of Carbohydrate Choices: _____ Proteins (ounces): _____

Phone: _____ Total Calories: _____ Fats (grams): _____

E-mail: _____ Carbohydrates (grams): _____

With your RD, fill in your personal meal plan below with the number of grams of carbohydrates and/or number of carbohydrate choices for each meal and snack (if needed).

	Breakfast (Time: _____)	Break (Time: _____)	Lunch (Time: _____)	Snack (Time: _____)	Dinner (Time: _____)	Snack (Time: _____)
Carbohydrates:						
Starch						
Fruit						
Veget						
Nonstarchy Vegetables						
Sweets, Creams, & Other Carbohydrates						
Meat & Protein Sources:						
Fats						
Fiber Foods						
Other Notes:						

Lilly Diabetes Daily Meal Planning Guide

**Dr. Diana Guthrie PhD, BC-ADM, CDE,
FAADE, Dr. Richard Guthrie MD, FACE**

Lilly Diabetes Daily Meal Planning Guide:

American Dietetic Association Guide to Diabetes Medical Nutrition Therapy and Education Tami Ross, Jackie Boucher, Belinda S. O'Connell, 2005 Medical nutrition therapy plays an integral role in the management in diabetes This comprehensive guide is an evidence based review of MNT and the Nutrition Care Process and a practical reference of diabetes management tools and nutrition education Covering practice guidelines outcomes evaluation nutrition assessments goal setting behavior change and interventions this guide is a must have resource for health care professionals serving the diabetes community *Diet and nutrition for people with diabetes* National Diabetes Information Clearinghouse (U.S.), 1979

The Type 1 Diabetes Cookbook Laurie Block MS, RDN, CDE, 2018-10-30 The Type 1 Diabetes Cookbook is the definitive cookbook to take control of your diabetes with easy everyday recipes A balanced diet is the key to stability and good health with type 1 diabetes The Type 1 Diabetes Cookbook offers the easiest recipes to keep blood sugars steady and allow you to thrive with type 1 diabetes Laurie Block MS RDN CDE a registered dietitian and certified diabetes educator with over 30 years of experience makes it easy to get well balanced meals on the table with recipes that feature 10 or fewer easy to find ingredients Complete with labels for carbs per serving and a recipe index by carb count The Type 1 Diabetes Cookbook helps you worry less about what you re eating and build confidence when planning meals From Baked Chicken Tenders to Chocolate Almond Butter Fudge The Type 1 Diabetes Cookbook shows you just how good balanced meals can be for you and your family with An essential introduction that offers practical guidance for eating properly including advice on modifying recipes to suit individuals unique insulin physical activity and nutritional needs Over 80 recipes for breakfast snacks packable lunches meatless and seafood mains poultry and meat mains and desserts with nutritional information for every recipe Quick look labels that allow you to easily reference carbs per serving and other nutritional needs like Dairy Free Gluten Free Nut Free and Vegan Vegetarian recipes The Type 1 Diabetes Cookbook takes the guesswork out of what when and how much you can eat with easy recipes for every day of the week *Diabetes Mellitus* Sue Milchovich, Barbara Dunn-Long, 2011-04-01 Updated to include the latest developments in medicine and practices for diabetes treatment as well as the most current information on new medication delivery methods this comprehensive guide covers every aspect of living with diabetes This user friendly book takes a look at both the medical and nutritional sides of the disease and teaches diabetics how to balance diet medication and exercise for optimal health from the start The diet and exercise plans that are included feature portion sizes and sample meal plans along with low impact workout routines and have been revised to reflect new food pyramid guidelines and current minimum exercise suggestions While an absolute cure for diabetes has not yet been discovered this health manual makes living with the disease manageable *Handbook of Diabetes Medical Nutrition Therapy* Margaret A. Powers (RD.), 1996 Provides dietitians and other health care professionals with the information they need to provide comprehensive diabetes care and self management training Topics covered include

understanding diabetes pathophysiology complications of diabetes setting and achieving management goals medical nutrition therapy nutrition assessment diabetes medications and delivery methods exercise benefits and guidelines comprehensive monitoring blood glucose monitoring preparing and evaluating diabetes education programs counseling skills selecting a nutrition approach expanding meal planning approaches the exchange system carbohydrate counting weight reduction cultural considerations macronutrient influence on blood glucose and health complex and simple carbohydrates in diabetes therapy identifying protein needs lipid metabolism and choices issues in prescribing calories low calorie sweeteners and fat replacers fiber metabolism making food choices life stages children and adolescents pregnancy and diabetes caring for older persons and nutrition and specific clinical conditions renal disease hypertension eating disorders surgery gastrointestinal issues dental care HIV AIDS etc Medical Supply Catalog Health and Human Services Supply Service Center (U.S.),

Technical Manual United States Department of the Army,1982 *Nutritional Support Handbook* ,1990 American Dietetic Association Guide to Gestational Diabetes Mellitus Alyce M. Thomas,Yolanda Monroy Gutierrez,2005 Gestational diabetes mellitus is a growing concern in women s health This reference examines the pathophysiology classification screening and diagnosis of gestational diabetes and provides information on testing methods used to monitor maternal and fetal health nutrition requirements in pregnancy medical nutrition therapy insulin therapy in pregnancy and postpartum considerations Practical forms including questionnaires assessment forms and food plan calculations are included

Manual of Pediatric Nutrition ,1997-10-01 This revised 3rd edition of the Twin Cities District Dietetic Association TCDDA Manual of Pediatric Nutrition is the result of a cooperative effort on the part of the pediatric dietitians from the major children s hospitals pediatric units and public health agencies serving children in the Minneapolis St Paul metropolitan area This joint effort was undertaken with the belief that a single manual written by dietitians with experience and expertise in various areas of pediatrics would promote continuity in the nutritional care of the pediatric population in the Twin Cities Topics include General Nutrition Nutrition Assessment Consistency Modifications Diabetes Weight Management Nutrition for Children with Special Health Care Needs and many more *The Nurse's Guide to Diet Therapy* Lois H. Bodinski,1982

The UCSD Healthy Diet for Diabetes Susan Algert,Annie Durning,1991-03 A Comprehensive nutritional guide and cookbook with over 200 gourmet kitchen tested recipes form around the world **Diabetes Dateline** ,1979 **Nutrition and Diet Manual for Use in Skilled Nursing Facilities and Other Institutions** ,1981 *Catalog* Food and Nutrition Information Center (U.S.),1973 Food and Nutrition Information and Educational Materials Center Catalog Food and Nutrition Information Center (U.S.),1976 *The Dietetic Technician* Virginia Aronson,1986 **Catalog. Supplement - Food and Nutrition Information and Educational Materials Center** Food and Nutrition Information and Educational Materials Center (U.S.),1973 **The Antidepressant Survival Guide** Robert J. Hedaya, M.D.,2011-03-16 Now patients can have the best of both worlds freedom from depression and freedom from side effects Dr Robert Hedaya offers a wealth of

wisdom drawn from years of clinical experience research and teaching This book is a much needed lantern in the darkness Norman Rosenthal M D author of St John s Wort The Herbal Way to Feeling Good Restore the vital vitamins minerals and hormones necessary to maintain good health Optimize your body s metabolic system Restore your ability to experience pleasure in life An estimated twenty five million Americans take antidepressants to combat depression but most continue to cope with a host of debilitating side effects that equal and sometimes outweigh the medication s obvious benefits Many doctors consider side effects such as weight gain lethargy and sexual dysfunction to be necessary evils Finally there is a doctor who refuses to trade a patient s total well being for the treatment of depression Clinical psychiatrist Robert J Hedaya M D has developed a comprehensive mind body program to restore lost vitality and sex drive and control weight A Washington Post bestseller in hardcover his book offers a proven program of nutrition exercise stress reduction and hormone supplementation that not only lessens the side effects of antidepressants but enhances their benefits as well Now everyone can benefit from the prescription that has worked wonders for his own patients Management of Diabetes Mellitus Dr. Diana Guthrie PhD, BC-ADM, CDE, FADE, Dr. Richard Guthrie MD, FACE, 2008-10-22 I strongly recommend this text Whether the reader is a relative novice or a seasoned veteran in diabetes care the information will prove useful and concise and will likely stimulate further reading and study House staff planning to rotate on my endocrine service should be forewarned Management of Diabetes Mellitus A Guide to Pattern Management is now required reading JAMA Praise for the previous edition I recommend this book to nurses or physicians confronting patients afflicted with diabetes mellitus as it presents a patterned approach to the understanding and management of this malady Any patient with diabetes mellitus or health care professional using the information presented by these experts would be well prepared to manage this disease process Gloria K Twilley Lieutenant Colonel United States Air Force Nurse Corps The sixth edition of Management of Diabetes Mellitus fully reorganizes and expands upon the previous editions While the new edition continues to set forth practical and easy to use guidelines for management the newly expanded chapters contain detailed information on managing patients with different types of diabetes type 1 and type 2 and further differentiates treatment and management strategies for various age groups This edition also offers clear and concise explanations of the disease process newly revised guidelines for the use of complementary and alternative therapies and a guide for developing an educational program Guthrie and Guthrie also stress the importance of self management of diabetes as much of this edition is dedicated to educating the diabetic patient on how to provide self care and control both acute and chronic complications of the disease For the convenience of practitioners and diabetic patients themselves this book contains reproducible forms protocols and guides that can be used for managing diabetes including Nutrition questionnaires Meal patterns comparing exchanges Carb Counting and Calorie Points Sample Calorie Point Distributions Exercise Log Intake Assessment Guide Clinical Practice Recommendations A guide to the pattern approach

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