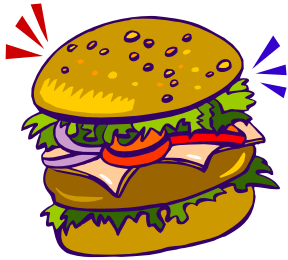


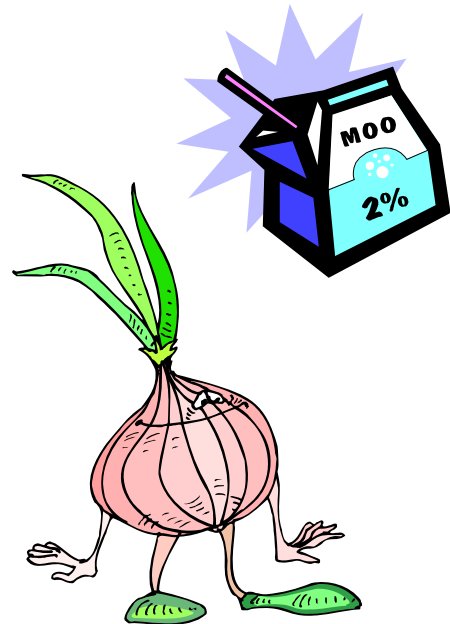
Type I



for



Children



Diabetes- Type I



(IDDM)



What is it?

**Defect-* in the pancreatic beta cell (Islets of Langerhans)

**May be related to-* adrenal cortex, anterior pituitary gland, thyroid

Signs and Symptoms:

**Polyuria-* increased urination, *polydipsia-* increased thirst, *polyphagia-* increased hunger, fatigue, weakness, sudden weight loss, irritability



Facts:



**10% of all cases of diabetes-* Type I, insulin dependent, ketosis prone
-onset usually follows viral infection- mumps, autoimmunity, exposure to bovine serum albumin

**In US- Diabetes affects-* Native Americans, Blacks, Hispanics > other populations
**> 6.6 million Americans diagnosis with IDDM*

**50% of all people in US are undiagnosed with diabetes*

**Number 4 killer in US-* related to stroke/CHF (Congestive Heart Failure)

**Chief cause-* of blindness, amputations, renal failure, birth defects

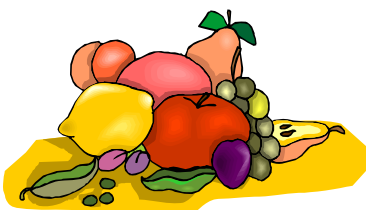
**15% of medical costs-* > \$100 billion dollars a year

What can I do?

**Control glucose/blood sugar level-* with diet, medication, exercise
-increases life expectancy, quality of life

-HbA1C- < 7%, FBS 80-120 mg./dL, 150-180 mg./dL 2 hours after meals,
100-140 mg./dL at bedtime

**Achieve and maintain-* healthy weight for height, improve glycemic control



© 2004 Food Fitness First, Inc.
www.foodfitnessfirst.com





Diabetes- Type I (IDDM)



Types of Insulin:

**Dependent on Insulin for Life-* monitor hypoglycemia, speed/absorption, peak/duration

**Immediate-* Humalog- 5 minutes/onset, 15 minutes/peak, 60-90 minutes/duration

**Rapid-acting - (Regular)-* 1/2-1 hour/onset, 4-6 hours/peak, 6-8 hours/duration
-(human/Regular)- 1/2-1 hour/onset, 2-3 hours/peak, 3-6 hours/duration

**Intermediate (lente/NPH)-* 2-4 hours/onset, 4-12 hours/peak, 10-18 hours/duration

**Long-acting (ultralenta/PZI)-* 6-10 hours/onset, 13-14 hours/peak, 18-20 hours/duration



Hyper/Hypoglycemia:

**Hyperglycemia-* Polydipsia/phagia/uria, dehydration, muscle wasting, weight loss, weakness, hypovolemia, ketonuria, glycosuria, fatigue, dry mouth, recurrent/persistent infections, changed/blurred vision, muscle cramps
-glucose > 250 should be treated, if not can lead to DKA (Diabetic Ketoacidosis), coma, death

**Hypoglycemia-* Headache, weakness, hunger, shakiness, confusion, diplopia, irritability, shallow/rapid breathing, numbness of lips/mouth/tongue, convulsions, normal/abnormal pulse, dizziness, lack of concentration, pallor, staggering gait, slurred speech, nausea, tingling, diaphoresis
-treat with 12-15 grams of CHO (1 Fruit/Bread/Starch/Milk) if glucose < 70 mg./dL
wait 15 minutes, retest, repeat if needed

What can I do?

**See your Physician*

**See RD for help as needed See FFF RD on line for help*

**RD to educate patient-* on Artificial Sweeteners, Alcohol, Exercise/activity, Food Diary, Eating Out, Food Labels, Sick Day Management



© 2004 Food Fitness First, Inc.
www.foodfitnessfirst.com





Diabetes in Children

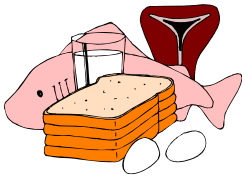


What is it?

*Complete lack of insulin or body's misuse of insulin

***Changes in meal plan and insulin medication are needed-** occur as the child grows and sexually matures

What increases my chances of having Type I or Type II Diabetes?



*Family history of diabetes

*Overweight/Obesity

*Environmental Factors



What can I do for my child?

***Meals and snacks-** on time, making sure family, school and friends are aware

***When child is not hungry-** ask to eat small amounts; eat over a couple of hours

***Drink liquids-** if can't tolerate solid foods, use Apple Juice (1/3 cup=15 gm. CHO)

***Encourage good snacks-** Parmesan popcorn, graham crackers with peanut butter, or fresh fruit dipped in Sugar Free Pudding, Vegetables with Low Calorie Dip

***Talk with you child and let him know-** you love him, that he is not being punished and always support and help him and help is needed

*DO NOT DELAY A MEAL > 45 minutes

***Encourage extra feedings-** of a free food or some extra protein foods

*If child is hungry > 3 days may need an adjustment in calories per day

How do I take care of my child?

*Checking blood sugar, medication or insulin as necessary and recommended

*Test for ketones

*** Meal Plan-consistent Carbohydrate Diet, see FFF MEAL PLAN**

*Appropriate Exercises for child

***Remember Diet, Insulin and Testing-** weight loss if needed

What should I do?

*See your Physician immediately

*See a Registered Dietitian for diet instructions immediately

*See FFF Meal Plan individualized for you



© 2004 Food Fitness First, Inc.
www.foodfitnessfirst.com

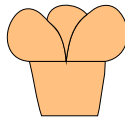


2200 Calorie Diet Plan Patient: _____

Bread or Starch Group:

Breakfast: Lunch: Supper: Snack:

3	3	4	1
---	---	---	---



1 sl. bread, roll, 1/2 bagel, English muffin, bun, pita, 2 rice cakes, bread sticks, 6 vanilla wafers/animal crackers, gingersnaps, 3 graham crackers, Melba toast, 1/2 c. pasta, rice, 3 c. popped popcorn,

Cereals: 3/4 c. Chex/Flakes, 1/4 c. Granola, Muesli, Grape-nuts, sherbet, pudding, 1 c. puffed/shredded cereals, 1/2 c. bran, grits, oatmeal,

Vegetables: 1/2 c. mixed vegetables, baked beans, lima beans, peas, potato, plantain, winter squash, corn, pumpkin, succotash, 1 1/2 inch cube Angel Food Cake: **High Sodium:** 3/4 oz. chips/pretzels, tortilla, muffins, cornbread, biscuits, croutons, baked beans, Soft serve ice cream, soup, popcorn, salted crackers, self rising flour/meal

Fruit Group: Fresh Fruit is Best!!!
Breakfast: Lunch: Supper: Snack:

1	2	1	1
---	---	---	---



1/2 c. applesauce, apricots, papaya, fruit cocktail, mango, pineapple, peaches, pears, plums, grapes, 1 small-kiwi, apple, banana, orange, peach, nectarine, 4 fresh apricots, 3/4 c. mandarin oranges, black/blueberries, grapefruit, pineapple, 2 tangerines, figs, plums, dates; 1 1/2 c.-strawberries, melons, raspberries, 3 kumquats, **Fruit Juices:** 1/2 c. apple, cider, grapefruit, orange, prune, pineapple, 1/3 c. grape, cranberry, fruit juice blends, 1 c. Reduced Calorie cranberry cocktail, 1/4 c. Nectar; **High Sodium:** All Dried Fruits-raisins, currants, apricots

Milk Group:

Breakfast: Lunch: Supper: Snack:

1	1	0	1
---	---	---	---



1 c. Skim/1/2 %/1%/Nonfat/LowFat Buttermilk, light soymilk, 1/3 c. Drynonfat milk, 1/2 c. Evaporated skim milk, 3/4 c. plain nonfat yogurt/plain lowfat yogurt **High Sodium: Buttermilk made from whole milk**

Healthy Meal Plan: 3 Meals a Day, Bedtime Snack, AVOID SWEETS, Limit High Fat/High Sodium Foods, Used for Diabetes/Weight Reduction

Vegetable Group: Eat ALL You Want!!!

Breakfast: Lunch: Supper: Snack:

X	X	X	X
---	---	---	---



1/2c. artichoke, bamboo shoots, bean sprouts, asparagus, broccoli, beets, brussel sprouts, green beans, Kohlrabi, leeks, greens, okra, onion, carrots, eggplant, cucumbers, snow peas, pimento, rhubarb, rutubugas, tomato, turnips, 4 water chestnuts, (2 T.ketchup) 6 cherry tomatoes, 1 c.-alfalfa sprouts, cabbage, chicory, endive, escarole, fennel, green pepper, lettuce, mushrooms, radishes, spinach, cauliflower, celery, summer squash/zucchini **High Sodium-sauerkraut, V-8/Tomato Juice, canned tomatoes Products, Pickles, Soups, broth**

Meat Group:

Breakfast: Lunch: Supper: Snack:

1	3 oz.	3 oz.	0
---	-------	-------	---



1 oz. or as stated-Broil, Boil, Bake, Roast, Stew, Grill, Stir-Fry- Fish, Veal, Chicken (remove skin), Venison, Buffalo, Duck, Cornish Hen, Shellfish, Goose, Lamb, Rabbit, Fresh Pork, Turkey, 2 Egg Whites, 1/2 c. dried peas, beans, lentils, Tofu, Soy Protein, Beef-trim fat-sirloin, round, flank, tenderloin, roast, Steaks-T-Bone, porterhouse, cubed, ground round

High Sodium: Cured/salted/smoked/canned/marinated meats, fish, poultry, corned beef, parmesan cheese, luncheon meats, hotdogs, sausage, cured ham, sardines, peanut butter, anchovies, creamed sauces, gravies, chili sauce, rock salt, Kosher salt, Sea Salt, MSG, Accent, Worcestershire Sauce, Soy/BBQ Sauce, Teriyaki sauce, mustard, salt, canned vegetables/vegetable juices, softened water

Fat Group:

Breakfast: Lunch: Supper: Snack:

1	2	2	1
---	---	---	---



Unsaturated-Good- 1t.Margarine, Mayo, Oil-(canola, corn, olive, soybean, safflower, peanut, sunflower), 2t.Low Calorie mayonnaise/diet margarine, 6 hickory/cashews, 10 almonds/peanuts, 5 pecan halves, 2 brazel, 3 macadamia/pistachio, 4 walnuts, 2 T. avocado, **High Sodium: 2t. Tarter Sauce, 2 1/2 T. Low Calorie Dressing, 1 T. Salad Dressing; Saturated-Bad-1 t.-butter/solid shortening, 2 T. coconut, chitterlings, 1T. cream cheese, sour cream/coffee creamer, 1 sl. bacon**

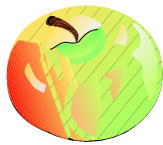
© 2004 Food Fitness First, Inc.
www.foodfitnessfirst.com

2200 Calorie Week at a Glance

<u>Monday:</u>	<u>Tuesday:</u>	<u>Wednesday:</u>	<u>Thursday:</u>	<u>Friday:</u>	<u>Saturday:</u>	<u>Sunday:</u>
1 Orange	1 Apple	1/2c. Applesauce	1/2 Grapefruit	1/2 Banana	2 Prunes	1 Mand.Oranges
1 cup Skim Milk	1 cup Skim Milk	1 cup Skim Milk	1 cup Skim Milk	1 cup Skim Milk	1 cup Skim Milk	1 cup Skim Milk
1/2 c. Bran Cereal	1 cup Oatmeal	1 1/2 WW Bagel	3 Pancakes	1 c. Grits	1 English Muffin	1/2 c. Bran Cereal
2 sl. WW Toast	1 sl. WW Toast	1T.Cream Cheese	2-3T.Unsweet Syrup	1 sl. WW Toast	1/2c.Hash Browns	2 sl. WW Toast
1 t. Margarine	1 strip Bacon	1 Omelet with	1 t. Margarine	1 t. Margarine	1 t. Margarine	1 t. Margarine
1 oz. Cheese	1 Poached Egg	Onions/Peppers	1 oz. Sausage	1 Scrambled Egg	1 Poached Egg	1 oz. Cheese
1 c. Coffee	1 c. Coffee	1 c. Coffee	1 c. Coffee	1 c. Coffee	1 c. Coffee	1 c. Coffee
2 oz. Hamburger	2 oz. Pork Chop	2 oz. Steak	2 oz. Ham	2 oz. Beef Stew	2oz.Chicken Salad	2 oz. Pork Loin
1 c. Sauteed Peppers & Onions	2 cups Salad w/ Low Calorie Drg.	2 cups Salad w/ Low Calorie Drg.	1 c. Lettuce/Tom. Onion/Pickles-Dill	1 c. Carrots, Peppers & Onions	1 c. Fresh Veggies MarinatedLowCal.Drg.	1 c. Sauteed Squash & Onions
1/2 c.Lett/Tomato	1/2 c. Cabbage	1/2 c.Green Beans	1/2c. Cucumbers	1/2 c.Lett/Tomato	1/2 c.Lett/Tomato	1/2 c.Greens
2-3 Carrot Sticks	2-3 Celery Stalks	2-3 Sl.Tomato	2-3 Radishes	2-3 Mushrooms	1 Dill Pickle	1/4c.Alfalfa Sprouts
1 c.Potatoes w/ Skin /2Rolls	1 c.Blackeye Peas w/Onions	1 large Baked Potato w/Chives	14 Baked Fries	1 c.Potatoes w/ Skin in Stew	1 c.Macaroni Salad	1 c.Baked Beans/Onions
1/2 c. Fruit Cup Water, Unsweet Drink/Beverage	1/2 c. Fresh Fruit Water, 2 Roll Drink/Beverage	1 Peach/2 Rolls Water, Unsweet Drink/Beverage	2 sl. Pineapple Water/2 Rolls Drink/Beverage	1 cup Grapes Water/2 Rolls Drink/Beverage	2 T. Raisins Water/2 Rolls Drink/Beverage	2-3 Plums Water/2 Rolls Drink/Beverage
3 oz. Fish/1 Bun	3ozChicken/1Bun	3 oz. Salmon	3 oz. Tuna/10Crax	3oz.Polish Sausage	3 oz. Venison	3 oz. Salmon
2 c. Salad w/Low Calorie Dressing	2 c. Salad w/Low Calorie Dressing	1 c.Mushrooms	2 c. Salad w/Low Calorie Dressing	2 c. Salad w/LCD	2 c. Salad w/LCD	2 c. Salad w/LCD
1 c. Cole Slaw	1/2 c. Cauliflower	1/2 c. Broccoli	1 c. Cole Slaw	1 c. Sauerkraut	1c.Okra/Tom's/On	1 c. Asparagus
2 t.Mayo/1cGrits	2tMarg/1cBkBeans	2 t. Marg./1 large Baked Potato	1 Pickle/2t.Mayo	1 t. Mustard/1Bun	1 c.Lima Beans w/ Peppers/2Fats	10Almonds/1Bun
1 c. Melon	1 1/4 c. Berries	1Pear/2 Roll-WW	1Nectarine/20Chips	1 Dill Pickle/2Fats	2 Kiwi/2WWRoll	1 Bk. Apple/2Fats
1 c. 2 % Milk	1 c. Yogurt	1 c. 2% Milk	1 c. Yogurt	1 c. 2 % Milk	1 c. 2 % Milk	1 c. 2 % Milk
4 Graham Crax	12 Vanilla Wafers	2 c.Puffed Cereal	6 c. Popcorn	12- 3Ring Pretzels	12 Saltines	60 Goldfish
1 Apple	1 Orange	2 Kiwi	1 Peach	20 Grapes	1 c. Fresh Fruit	1 1/2 c. Berries

LCD= Low Calorie Dressing

© 2004 Food Fitness First, Inc.
www.foodfitnessfirst.com



Breakfast: CHO Gms.

1/2 c. Apple Juice	15
3 slices Toast	45
1 cup Grits	30
1 c. Whole Milk	30
Coffee, Salt, Pepper	0
Artificial Sweetener	0



Bedtime Snack:

1 cup Whole Milk
9 Graham Cracker Squares

© 2004 Food Fitness First, Inc.
www.foodfitnessfirst.com

2200 Calorie
(Sick Day Management)

Lunch: CHO Gms.

2c. Chicken Noodle Soup	30
3.5 ounce Cheese	0
9 Saltine Crackers	22.5
1/2c. Sugar Free Pudding	15
1 Popsicle Twin Bar	20
Unsweet Tea, Lemon Slice	0
Salt, Pepper	0

Food: CHO Gms:

1c. Whole Milk	12
Low Fat/Skim	12
1/3 c. Regular Jello	15
1t. Margarine/Fat	0
1/2 c. Vegetable	5
1oz. Meat	0
1/2 cup Fruit/Juice	15
1/4 c. Sherbet	15
1/2 c. Custard	15



Supper: CHO Gms.

2 cups Cream Soup	30
1 toasted Bagel	30
1 c. unsweet Applesauce	30
1 cup Gingerale	20
Unsweet Tea, Lemon Slice	0
Salt, Pepper	0

Food: CHO Gms:

1 Pillsbury Crescent Roll	15
3/4 c. Cherrios	15
1 c. Plain Yogurt	12-15
1 c. Sugar Free Yogurt	12-15
1 Diet Soda	0
5 Ritz Crackers	15
1 oz. Cheese	0
1/2 c. Sweet Applesauce	30
1/2 cup Diet Gelatin/Jello	0
1/3 cup Grape Juice	15
3/4 cup Sprite/Gingerale	15
1 cup Gatorade	15



Complex Carbohydrates (whole grains, starches)



What are complex carbohydrates?

*Make you feel full and you can eat more

*1 complex and 1 simple carbohydrate- have 15 grams of carbohydrates

*Are high in Fiber, vitamins and minerals

*Carbohydrates- body's principal source of energy, fueling body functions

*Calorie Free < 5 calories per serving

*Low Calorie 40 calories or less per serving



Facts:

*Sugar Free foods are not always low in calories

*Sugar-free foods- have < 1/2 gram sugars per serving

*Reduced-sugar foods have 25% less sugar than the original food

*Foods with no added sugar do not have sugar added

What are some complex carbohydrates?

*1 6 inch tortilla, 3 cups of popcorn, 1 1/2 cups broccoli, 1/2 cup dried peas or beans, 1/3 cup wild rice, 1 slice whole wheat breads or 1/2 cup whole wheat cereals, 1/2 cup potatoes with skin, 1 apple, 1 pear, 1 peach



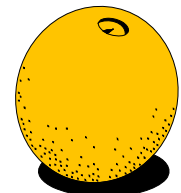
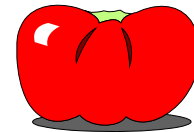
What do I need to do?

*See a Physician

***See FFF Diabetic diet plan**

*See a Registered Dietitian for help with meal planning

*Read labels there are many forms of sugar as- corn syrup, dextrose, honey, fructose, high-fructose corn syrup, glucose, lactose, maltose, sucrose, raw sugar, molasses, maple syrup, fruit juice concentrate





O vereating



What is it?

- *Compulsive Eating**- Eating thousands of calories > you need
- Stress Reliever**- usually begins as a child, eating because sad, bored, angry, hungry, comfort, to relieve tension, to have control
- *Out of Control**- weight gain, obese, > 20% is above normal weight
- Dieting**- often leads to more overeating

Signs and Symptoms:

- *Weight Gain**- thinking of food often, when complete 1 meal, thinking of the next meal, always thinking of what is next to eat
- *Eating Large Amount of Food**- in < 2 hours, 2-3 times week
 - lack of control over eating, eating too fast, eating after full
 - guilty about overeating, depressed, binge eating
 - snacking or nipping over 2 hours



- *Comfort Foods**- High Sugar, High Fat Foods



Facts:

- *Obesity**- can lead to Diabetes, high Cholesterol/LDL/Triglycerides, High Blood Pressure, Gallbladder Disease, Heart Disease, Kidney Damage, Cancer

What can I do?

- *See your Physician**- he will refer you to a special trained therapist to address eating behavior, habits, programs
 - *See RD for help as needed
 - *See FFF RD on line for help
- *Team of Professional**- to help with emotions, dieting and overeating
 - *Exercise**- daily for 15 to 20 minutes
- *Weight**- weekly and not daily, keeping a record of weight and measurements
 - *Increase**- Foods High in Fiber as Fresh Fruits and Vegetables
 - Fresh apples, pears, peaches, strawberries, blueberries, blackberries, kiwi, melons, lettuce, tomato, celery, radishes, cucumbers, Vidalia Onions, salad greens, cauliflower, broccoli



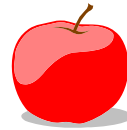
© 2004 Food Fitness First, Inc.
www.foodfitnessfirst.com



Diabetic Ketoacidosis/Diabetic Coma

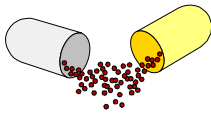


What is it?



***DKA-** Diabetic Ketoacidosis- medical emergency, mortality 5 to 15%

***Alkaline reserves are depleted by-** insulin resistance, inactivity, too much food, infection, fever, stress, trauma, pregnancy



Signs and Symptoms:

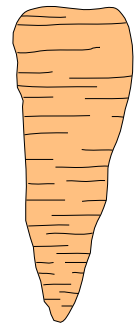


***Preceding Diabetic Coma-** dim vision, nausea, vomiting, polyuria, pruritus, labored/sweet acetone breath, intense thirst, hot/dry/flushed skin, drowsiness, seizures, cramping



Facts:

***Hyperketonemia from DKA-** metabolic acidosis, high ketones in the blood



What can I do?

*See your Physician

-frequent monitoring of glucose, prevent shock, replace fluids/electrolytes

-IDDM- notify Physician if glucose does not return to normal, insulin adjustment

-5% glucose solution as hyperglycemia/glucosuria subside

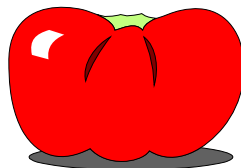
-if don't decrease add salty broth, tea,

-later add fruit juices, high potassium (K+) foods- oranges, bananas, broccoli

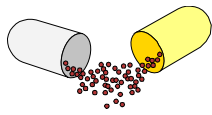
*See RD for help as needed

*See FFF RD on line for help

*Food, insulin, exercise, fiber, fluid, electrolytes, stress, meals, snacks, high fat meals, over eating, timing meals and snacks



© 2004 Food Fitness First, Inc.
www.foodfitnessfirst.com



Low Blood Sugar (Hypoglycemia)



What is it?

*Hypoglycemia- abnormally low blood sugar, watch for excessive sweating, faintness, headache, hunger, pounding of heart, trembling, impaired vision, not able to awaken, irritability, personality change

*Blood Sugar- usually ≤ 70 mg./dL

What causes it?

*Too much insulin

*Not eating enough food

*Exercising too much

*Delayed meal

*Excessive drinking of alcohol and denial of food

Is it Serious? YES

*Symptoms- Blurred Vision, Confusion, Dizziness, Drowsiness, Fast Heartbeat, Fatigue, Headache, Hunger, Irritability, Nervous, Trembling, Sleepiness, Personality Change, Shaking, Skin pale and moist, Sweating, Tingling

What can I do?

*Take Glucose Tablets or 1 small piece of fruit, 1/2 cup fruit juice or cola, 1 cup milk, 2 large sugar cubes, 6 Lifesavers, 2 t. honey or corn syrup

*Rest 15 minutes after taking and repeat if not feeling normal

*Eat 3 meals per day and 3 snacks that are higher in protein and lower in carbohydrates, **see a Registered Dietitian for a meal plan**

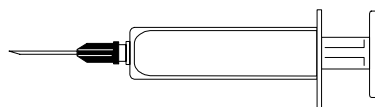
Checkups:

*See Physician as needed, if unconscious see immediately

-Contact Physician when low Blood Sugar at home

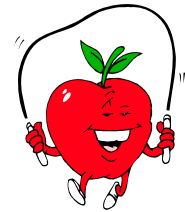
*Measure of blood sugar by Physician/Home Blood Sugar Tests

*Medical History, Physical Examination, Blood Tests by Physician





High Blood Sugar (Hyperglycemia)



What is it?

*Impaired glucose tolerance or high levels of blood glucose- resulting from defects in insulin secretion, insulin action, or both

*Type 1 – IDDM, include autoimmune, genetic, and environmental factors, usually children or young adults

*Type 2 – NIDDM, usually include older age, obesity, family history, prior history of gestational *diabetes*, physical inactivity, impaired glucose tolerance, race/ethnicity-African Americans, Hispanic/Latino Americans, American Indians, some Asian Americans and Pacific Islanders

*Gestational – develops in 2 to 5% of all pregnancies but disappears when the pregnancy is over, higher risk include obesity and family history

Pre-Diabetes (maternal/age)- Impaired Glucose Tolerance



What Causes it?

*Obesity, family history, age, decreased exercise, race, gestational diabetes, etc...



Is it Serious?

*Diabetes- can be associated with serious complications and premature death

*Complications of diabetes: -heart disease, stroke, high blood pressure, blindness, amputations, kidney disease, dental disease, nervous system disease, and pregnancy complications

*More likely to die of pneumonia and influenza

*Normal Blood Sugar- Fasting-80-120 mg./dL/before meals

-After Meals- 150-180 mg./dL

What can I do?

*Diet- increase fresh fruits and fresh vegetables, *limit meat*-choose lean meats as chicken and fish: Broil, boil, bake, roast, stew, grill or stir fry **-Eat Whole Grains-** increased fiber; avoid sweets, desserts and replace with artificial sweeteners

-Choose low fat cheeses, milk, dairy, Speak with RD

*Exercise- 15 to 20 minutes per day, monitor blood sugars, take medications.

Checkups:

*See MD at least 1 time per year-dilated eye exam, kidney function test, cholesterol panel, blood sugar and Hemoglobin A1C, Foot Exams



© 2004 Food Fitness First, Inc.

www.foodfitnessfirst.com



2200 Calorie Diabetic Snack

**H.S. Snack = 1 Milk Exchange
1 Bread Exchange**

**1 Fruit
1 Fat**



1 Milk Exchange is:

**1 c. Skim Milk or 1 % Milk
1 envelope Alba 66 or Alba 77
1 c. Low Fat Buttermilk
3/4 c. Plain Nonfat Yogurt
1 c. 2 % Milk (1 Milk, ! Fat)**



1 Fruit is:

**1 Apple, Orange, Peach
1/2 c. Stewed Apples
1/2 c. Applesauce
1/2 c. Fresh Fruit Cup
3/4 c. Blue or Blackberries
1 cup Cantaloupe
1 1/2 c. Strawberries
2 small Tangerines
1 cup Raspberries
1/2 cup Grapes
2 small Plums**

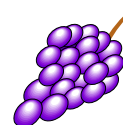
1 Bread Exchange is:

**1/2 c. Bran Cereals
3/4 c. Ready to eat-unsweet cereals
1/2 c. Oatmeal
1 1/2 c. Puffed Cereal
1/2 c. Shredded Wheat
1/2 Bagel
5 Vanilla Wafers
2 Bread Sticks
1/2 English Muffin
8 Animal Crackers
3 Graham Crackers
4 slices Melba Toast
24 Oyster Crackers
3/4 oz. Pretzels
6 Saltine-type Crackers
3 c. Popcorn, popped, no fat added**



1 Fat Exchange is:

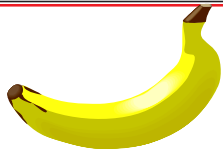
**10 Peanuts
5 Pecan Halves
1 T. Cream Cheese
1 T. Sour Cream
1 slice Bacon
1 t. Mayonnaise
5 small Olives, 3 large
2 T. Avocado
1 t. Butter or Margarine**



**2-5 slices Whole Wheat Crackers, no fat added (crisp
breads, such as Finn, Kavli, Wasa)**

**1/2 c. Sherbet/Ice Cream
1/2 c. Frozen Yogurt
1/2 c. Sugar-free Pudding (made with skim milk)**





SNACKS



(< 100 CALORIES, * HIGH SODIUM)

No C ONCENTRATED S WEETS/D IABETIC

*5 WHOLE WHAT CRACKERS

6 ANIMAL CRACKERS

*2-3 BREAD STICKS

1 ENGLISH MUFFIN

3 CUPS POPPED POPCORN

1 SLICE WW OR WHITE BREAD

1/2 CUP CANNED UNSWEET FRUIT

2 CUPS VEGETABLES, RAW WITH *LOW CALORIE DRESSING

1CUP V-8, TOMATO JUICE, OR VEGETABLE JUICE, BROTH

SUGAR FREE POPSICLES

CRYSTAL LITE BARS

SUGARLESS DRINK MIXES

COFFEE/TEA

LOW-CALORIE HOT CHOCOLATE MIX

1 1/2 CUP FRESH STRAWBERRIES DIPPED IN 1 T. LOW FAT YOGURT

1/2 CUP PAPAYA TOPPED WITH 1/4 CUP RAINBOW SHERBET

1 MEDIUM ORANGE SCOOP OUT WITH 1 T. COCONUT, TOASTED

1 SMALL BANANA WRAPPED IN ALUMINUM AND FROZEN ON STICK

1/3 CUP LEMON SHERBET TOPPED WITH 3T. SLICED STRAWBERRIES

1 FRESH PEAR

2 CUPS BROCCOLI AND CAULIFLOWER FLOWERETTES DRIZZLED

WITH 1 T. RANCH LOW CALORIE DRESSING*

10 SLICES CUCUMBER TOPPED WITH TRIANGLES OF CHEESE(1/2OZ.)*

1 SLICE RAISIN BREAD SPREAD WITH 2T. CREAM CHEESE (LIGHT)

3 LARGE CELERY STICKS STUFFED WITH 2T. LIGHT CREAM CHEESE

3 LARGE CELERY STICKS STUFFED WITH PIMENTO CHEESE*

25 THIN PRETZELS (80 IF DESIRED) 2 1/4 INCHES LONG

1/2 CUP WHITE OR RED WINE WITH 1/2 CUP CLUB SODA

3 GRAHAM CRACKERS

*3/4 CUP PRETZELS

1 BAGEL

1 RICE CAKE

3/4C. DRY UNSWEET CEREAL

1 PIECE FRESH FRUIT

3-4 SMALL PIECES OF DRIED FRUIT

SUGARLESS DRINK MIX

*PICKLES

DIET SOFT DRINKS

GINGERSNAPS

SUGAR FREE JELLO/GELATIN





“CARB” Counting Food List



1 Carb Exchange = 15 grams of Carbohydrate

Breads:

½ (1 oz.) bagel/ bun/
croissant, medium/
English muffin/
½ pita 6”/6” taco shell
2.5 “biscuit-omit 1 Fat
1 slice bread
2 bread sticks-4” x ½”
2” cube cornbread-Omit 1 Fat
1 small muffin-omit 1 Fat
4” pancake-omit 1 Fat
4.5” waffle-omit 1 Fat



Cereals:

1/2c. Bran, sugar-
frosted flakes, or
cooked cereal
¼ c. granola
1 ½ c Puffed cereal
¾ c. ready to eat
cereal, unsweet



Crackers/Snacks:

8 animal crackers
3 graham crackers 2.5” sq.
3 c. popped popcorn
¾ oz, Pretzels, Chips, Matzoh
2-4” rice cakes
6 saltines or butter type
cracker, 3 Gingersnaps
5 whole wheat crackers
6 Vanilla Wafers
1/2c.Corn Chips (omit 2 Fats)
1c.Cheese Puffs (omit 1 Fat)
6 -3 Ring Pretzels, 25 Sticks
7 Ritz Crackers (omit 1 Fat)

Pasta/Grains:

1/2c. Chow Mein Noodles
3 T. Cornflake Crumbs
1 cup Croutons
1/2c. Chow Mein Noodles-
omit 1 Fat, hominy, pasta,
macaroni, noodles
1/3 c. rice- white, wild

Vegetables/Beans/Rice:

1/3 c. baked beans, humus,
rice
½ c. beans, peas, corn, grits,
lentils, potatoes, pasta,
grains-oatmeal, hominy, yam
16-25 Freedom Fries
1 Corn on Cob
2/3 c. lima beans



Fruits/Juices:

1 Apple, Peach, Pear, Plum,
Orange, Kiwi, Nectarine, Fig
1/2 Banana, Grapefruit, Nec-
tarine, Papaya, Ugli, 1 Guava
1/2 c. Applesauce, Pineapple
3 Apricots, 1/3 Pomegranate
3/4 c. Berries, Mandarin
Oranges, Pineapple, Melon
Grapes-20 small, 10 large
2 Plums, Tangerines, Dates
3 Prunes, dried, Kumquats
2 T. Raisins, 1/4 Mango
1 T. Currants, 1 Tangelo
4 Maraschino Cherries
1/2c. Sour Red Cherries
1/4c.MealReplacement, 1/2c.FruitSmoothie/Carbloader,3/4c.Soda,
1c.SportsDrink

Fruits/Juices:

1/2 c. apple, pineapple,
grapefruit, orange
1/3 c. cranberry juice cocktail,
fruit blend, grape, prune



Milk/Yogurt:

1 c. Fat Free Milk, 1%, 2%,
Buttermilk, Yogurt sugar free
fat free, plain yogurt
1/2 c. chocolate milk, evapo-
rated skim milk



Soups:

1 c. broth, chicken noodle
bean, cream with water
1/2 c. split pea soup



Sweets:

1 1/4 inch square Angel Food
Cake or Sponge Cake
3 Lorna Doones (omit 1 Fat)
4 Social Tea Biscuits
1 Plain Doughnut (omit 1 Fat)
1 Frozen Yogurt on a Stick
1/2 c. Vanilla Frozen Yogurt
1/2 c. Vanilla Ice Cream (omit
2 Fats)
1 Dairy Queen small ice
cream cone- (omit 1 Fat)
1/4 c. Sherbet
2 Lady Fingers
2 T. Malted Powder
1/4 c. Regular Pudding
3 Brown Edged Wafers





Artificial Sweeteners



What are they?

***Non Nutritive**- saccharin, sucralose, acesulfame K, aspartame-
-safe for daibetics or weight reduction

***Saccharin** - 350 times sweetener than sugar
sugar is sucrose (sucrose-16 calories per teaspoon/4 gm.CHO (carbohydrate))
***Sucralose**/Splenda- made from sugar, 600 times sweeter than sugar; used like sugar
-used in baked goods, mixes, beverages, chewing gum, dairy, frosting, jams,
confections, beverages,
salad dressings, and most any way imaginable

-potential side effect- may pose cancer or neurological risk, enlarged liver/kidney

***Acesulfame K (Sunett)**- 200 times sweeter than sucrose/sugar, best for baking

***Aspartame**/NutraSweet- 180 times sweeter than sucrose (contains phenylalanine),
4 calories per t. (teapsoon)

-Potential Side Effects- headache, seizures, nervousness, dizziness, memory
impairment, nausea, depression, temper outbursts

***Nutritive**- no evidence that nutritive sweeteners such as corn syrup, honey,
molasses, and dextrose have an advantage over sucrose in improving blood sugar

-Sugar Alcohols- mannitol, sorbitol, xylitol seem to lower blood sugar more than
sucrose, if too much, acts as a laxative

- natural sugars with calories, slow absorption, < 60 gms./day, excess is converted
to glucose, simple sugar rases blood sugar, limits fat release

-Sorbitol- 50 times as sweet as sugar

-Xylitol- 16 Calories per teaspoon/4 grams CHO (Carbohydrate), sugarless gum and
candy

***Tagatose**- levo-sugar, tastes like regular sugar, can't be used as energy, large
amounts cause GI distress with nausea, diarrhea, flatulence

Why choose an artificial sweeteners?

****Helps reduce calories, glycemic index***- reduces tooth decay, used in Diabetic diets

****Tastes sweet and clean without the calories***

What can I do?

****See a Physician***

****See a Registered Dietitian or a FFF Registered Dietitian on line***



© 2004 Food Fitness First, Inc.
www.foodfitnessfirst.com

