

Example Daily Diet 3 (1800 calories, PM and HS snacks)

Meal:	Food Item and portion size:		Exchanges:		
			Starch	Fruit	Milk
Breakfast:	1 cup sugar-coated cereal 1 cup low-fat milk	½ cup yogurt 1 banana, small	2	1	1 ½
Lunch:	2 slices whole-wheat bread 1 oz tuna 2 t mayo-style salad dressing	1 cup tomato soup 5 baby carrots ½ cup low-fat milk	4		½
PM Snack:	6 crackers (round, butter-type) ¼ cup cottage cheese	1 small apple	1	1	
Dinner:	2/3 cup pasta ½ cup spaghetti sauce	½ cup cooked broccoli ¾ cup canned mandarin orange	3	1	
HS snack:	1 slice toast 1 t margarine	1 cup low-fat milk	1		1

Example Daily Diet 5 (3000 calories, 3 meals & 3 snacks)

Meal:	Food Item and portion size:		Exchanges:		
			Starch	Fruit	Milk
Breakfast:	1 Bagel, large 1 T cream cheese ½ cup low-fat milk	6 oz yogurt ¾ cup blueberries	4	1	1 ½
AM Snack:	1 cup chocolate milk	1 oz Trail mix: dried fruit- based	2		1
Lunch:	5 oz Burrito (beef and bean) 1 T Ketchup 1/3 cup Hummus 5 baby carrots	1 kiwi ½ cup apple juice ½ cup low-fat milk	4	2	½
PM Snack:	5 vanilla wafers 1 cup mixed salad greens	¾ cup canned mandarin oranges 3 T salad dressing, cream based	2	1	
Dinner:	2 cups (16 oz) lasagna 1 small, plain, roll 3 oz or 17 small grapes ½ cup low-fat milk	1 cup mixed cooked vegetables(broccoli, cauliflower, onions, etc)	5	1	½
HS snack:	Banana nut bread (1-inch slice) 1 t margarine	½ cup low-fat milk	2		1

Example Daily Diet 6 (2000 calories, Vegan, Insulin Pump)

Meal:	Food Item and portion size:		Exchanges:	
			Starch	Fruit
Breakfast:	3 pancakes (4-in across) 1 T peanut butter	2 T syrup 1 cup orange juice	3	2
Lunch:	2 tortillas (6-in across) ½ cup refried beans 1 fresh, large pear (1 cup)	1 T peanut butter 5 sticks celery	3	2
Dinner:	1 Meatless burger, veg. & starch based (1 patty ~ 2 ½ oz) Hamburger bun	1 cup spinach 1 ¼ cup strawberries ½ cup cooked peas	4	1
HS snack:	1 slice wheat bread, toasted 1 t margarine	6 oz apple juice	1	1 ½

Diabetic Patterns

I understand that the person on a conventional Insulin therapy does not need to spread out the carb intake evenly throughout the day, but it was easier to calculate that way. Diet 4 may be used as a guide, but it does not need to be followed strictly.

ESHA and Exchange Diet Comparisons

When I compared Diet 3 (1800 calories) with ESHA and the exchange diet, I found some surprising differences. ESHA calculated the total calories to be near 1500 kcal, while the exchange diet estimated near my goal of 1800 kcal. The carb counts were comparable, but the grams of protein and fat were almost 30 grams lower in ESHA than they were in the exchange diet. This could be due to my choices of specific foods in the program, because there is a large variety of options.

Foods that were off:

Yogurt- 22 grams (I may have picked one that didn't represent the average yogurt)

Small apple- 21 grams (This one is surprising because I picked a small apple, not a large apple)

Diabetic Diet (2-day Experience)

I believe this assignment was given to us for a few significant reasons: first, to gain more empathy for future diabetic clients who we could possibly be writing diets for; second, to give us more experience in measuring carbohydrates with real food; and third, to see how frustrating diets can be. Most people don't like to be forced to do something, especially when it comes to food and diet. If, on the other hand, a client does want the dietitian to give an exact diet to follow, it better be a good one. This experience gave me some practical ideas on how to write a better diet, if a diet is needed. I realized, more strongly, that following a good diabetic diet is truly a lifestyle change-- and this kind of change is very difficult to start and maintain. Personally, I don't eat very many fruits daily, and it was a shock to me to be eating more fruits every day. I wanted to rebel. On the second day, I actually did cave in, and I exchanged a brownie for one of my fruit requirements. The first day was hard because I woke up and had breakfast around 10 am, already late for my plan. Also, because of church, my lunch was delayed until 3 pm, and all of my other meals were delayed as well, in effort to balance out my day. It was frustrating to always have to eat. Some of my meals were at really inconvenient times. Overall, it was an eye-opening experience, and if I had diabetes, I would be persuaded to use a pump to manage my condition.

#1. 2000 Cal Diet

	B	AM Snack	L	PM Snack	D	HS Snack	Total Exchanges	%C 50	%P 20	%F 30
Starch	2		3		4	1	10	15 150	3 30	1 10
Meat			2		4		6		7 42	2 12
Vege			1		2		3	5	2	8
Fruit	2		1			1	4	15 60		
Milk	1		1		1	½	3.5	12 42	8 28	1 3.5
Fat							8			5 40
Goal	72		72		72	36	Total grams	252	100	65.5
TOTAL	72		72		72	36	Total Kcals	1008	400	590

#2. 4200 Cal Diet – Pump (****can be but does NOT need to be balanced)

	B	AM Snack	L	PM Snack	D	HS Snack	Total Exchanges	%C 50	%P 19	%F 31
Starch	5	1	5	4	6	4	25	15 375	3 75	1 25
Meat	2		4	1	5		12		7 84	5 60
Vege			2	1	3		6	5	2	8
Fruit	1	2	1	1	1		6	15 90		
Milk	1		1		1	2	5	12 60	8 40	5 25
Fat							7			5 40
Goal - Irrelevant							Total grams	525	199	145
TOTAL	102	45	102	75	117	84	Total Kcals	2100	796	1305

#3. 1800 Cal Diet

	B	AM Snack	L	PM Snack	D	HS Snack	Total Exchanges	%C 53	%P 20	%F 27
Starch	2		3	2	3		10	15 150	3 30	1 10
Meat			3		2		5		7 35	2 10
Vege			1	.5	.5		2	5	2	8
Fruit	1		1			1	3	15 45		
Milk	1.5				1	1	3.5	12 42	8 28	1 3.5
Fat							6			5 30
Goal	62		62	31	62	31	Total grams	237	93	53.5
TOTAL	63		60	30	57	27	Total Kcals	948	372	482

#4. 1500 Cal Diet – Conventional Therapy (Higher Carbs at Lunchtime) – Overall Carbs Balance: (Balanced would be 170 carbs)

	B	AM Snack	L	PM Snack	D	HS Snack	Total Exchanges	%C 46	%P 19	%F 35
Starch	2		4		2		7	15 105	3 21	1 7
Meat			2		2		4		7 28	2 8
Vege			2		1			5	2	8
Fruit			1			1	2	15 30		
Milk	1		1		1		3	12 36	8 24	1 3
Fat							8			5 40
Goal	45		69		42	15	Total grams	171	73	58
TOTAL	45		69		42	15	Total Kcals	684	292	522

#5. 3000 Cal Diet

	B	AM Snack	L	PM Snack	D	HS Snack	Total Exchanges	%C 52	%P 18	%F 30
Starch	3	1	5	2	5	3	25	15 285	3 57	1 19
Meat	1		2		4		7		7 49	5 35
Vege			1.5		1		2.5	5	2	8
Fruit	2	1		1			4	15 60		
Milk	1	1	1		1		4	12 48	8 32	1 4
Fat							8			5 40
Goal	116	58	116	58	116	58	Total grams	393	138	98
TOTAL	102	45	102	75	117	84	Total Kcals	1572	552	882

#6. 2000 Cal Diet, Vegan – Pump (****can be but does NOT need to be balanced)

	B	AM Snack	L	PM Snack	D	HS Snack	Total Exchanges	%C 52	%P 18	%F 30
Starch	3		4.5		2.5	2	13	15 195	3 39	1 13
Meat	2		3		2		7		7 49	2 14
Vege	.5		2		1		3.5	5	2	8
Fruit	1.5	1			1	1	4.5	15 68		
Milk								12	8	1
Fat							8			1 40
Goal - Irrelevant							Total grams	263	88	67
TOTAL	67.5	15	82.5		52.5	45	Total Kcals	1050	352	603