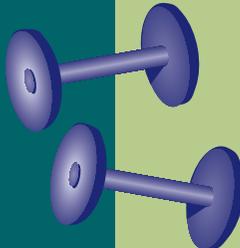
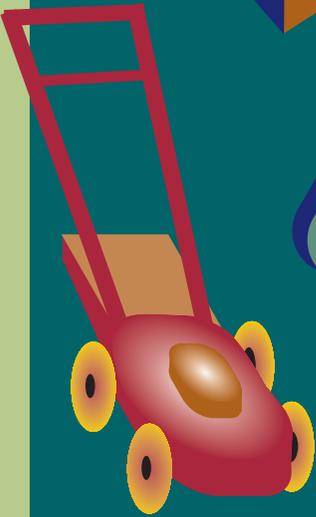
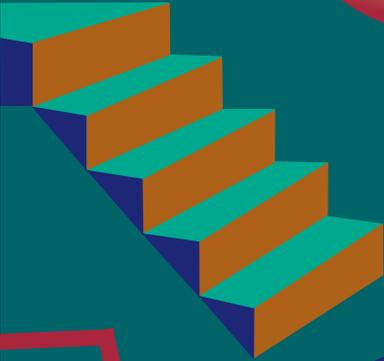
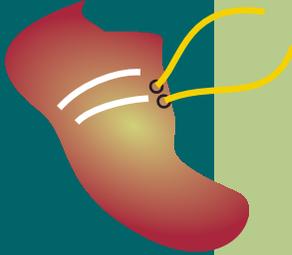
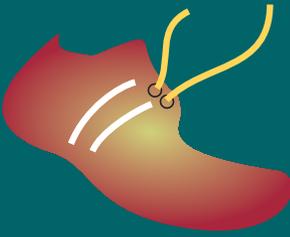




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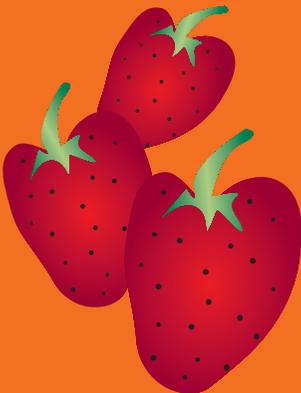
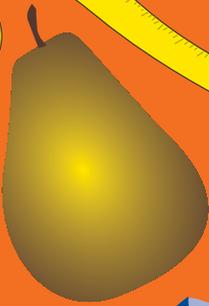
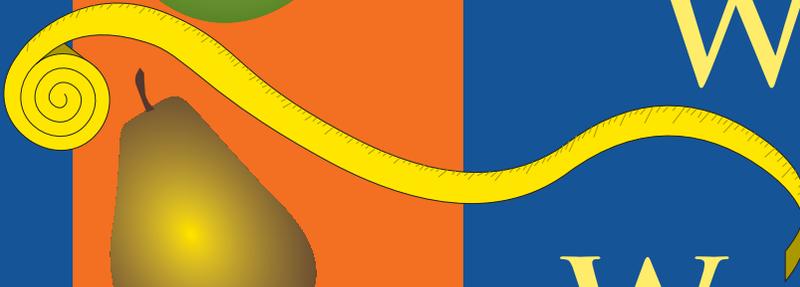
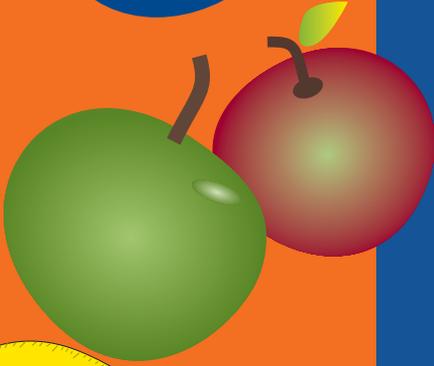
# PHYSICAL ACTIVITY & FITNESS





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# WEIGHT & WELLNESS

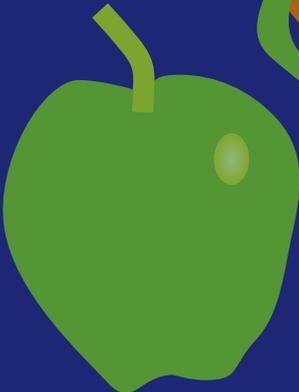
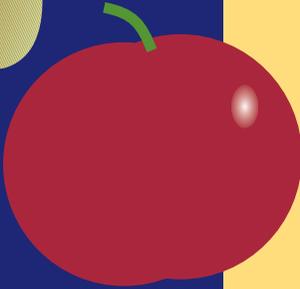
A GUIDE FOR  
HEALTHY WEIGHT  
MANAGEMENT



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# NUTRITION & MEAL PLANNING



# NUTRITION & MEAL PLANNING

**M**anaging your diabetes is all about making choices - and choosing what foods you will eat is one of the most important.

Each food that you eat can affect not only your diabetes, but your overall health, as well. This book, together with your dietitian, will help you understand which foods you are currently eating may help keep your blood glucose levels as close to your target range as possible. You will also learn which foods you need to eat more of, or perhaps less of, if they are negatively affecting your body weight, blood cholesterol or blood glucose levels.

While there are no foods that you can't ever eat, there are foods that need to be limited to help you stay in the best of health. Research over the past decade has clearly shown that different foods affect the body in different ways. Your meal plan — your road map for good eating — will help promote a new level of wellness. By working together with your dietitian, your doctor and other members of your health-care team you will learn to incorporate your favorite foods into your overall treatment program for good health.



## CHAPTER 1

# *What Is Meal Planning?*

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**T**he process of choosing foods to help manage your diabetes is called meal planning. The main purpose of meal planning is to attempt to match the action of the insulin your body is producing and/or the insulin you inject with the amount and the timing of your meals and snacks.

When you go on a trip, you use a map to help guide you to your destination. You also plan special activities to make your trip a success. In a similar manner, if you have diabetes, following a meal plan will help you keep your blood glucose in your target range while at the same time allowing you to enjoy your favorite foods. In addition, if you need to lose weight or would like to maintain your current weight, a meal plan can help you meet your goal. We recommend that you see a dietitian who will work with you and provide what is called medical nutrition therapy. This involves looking at our food and nutrition needs, and working with you to develop a meal plan that will be right for you. It is also helpful to then meet regularly with a dietitian as part of your overall diabetes care. You will no doubt have questions that need answers and your nutrition needs will change over time. There's a lot to learn about food and meal planning. If your medical goals are not being met, your dietitian may have suggestions for some changes you can make to help achieve these goals, or it may be time to change or combine medications with your meal plan. Helping you evaluate how nutrition therapy contributes to your overall diabetes treatment program will also be something your dietitian will be doing with you.