

Dietary Changes Equal Success!

Studies have found that improved glycemic control benefits people with both type 1 or type 2 diabetes. Every percentage point drop in A1C blood test results (e.g., from 8 to 7 percent) reduces the risk of micro vascular complications (eye, kidney, and nerve disease) by 40 percent.

Typical Day Food Log after Diagnosis (Jan. 02)

<u>Day</u>	<u>Breakfast</u>	<u>Snack</u>	<u>Lunch</u>	<u>2:30 Snack</u>	<u>4:00 Snack</u>	<u>Dinner</u>	<u>PM Snack</u>
Carbs /meal total/day 335-350	75	30	60	20	40	80	30-45 depending on blood sugar #
Thursday	large bagel with butter 1 c. protein shake	1/2 5" cantaloupe 1 cup milk	German pancake roasted almonds applesauce milk	pineapple sugar-free Jell-O water	milk roasted almonds	1 chicken breast 1 & 1/2 cups noodles with butter	popcorn 8 pretzels milk

Danny's Hemoglobin A1c was **8.0**

Typical Day Food Log Two Years after Diagnosis (Jan. 04)

<u>Day</u>	<u>Breakfast</u>	<u>AM Snack</u>	<u>Lunch</u>	<u>2:30 Snack</u>	<u>4:00 Snack</u>	<u>Dinner</u>	<u>PM Snack</u>
Carbs /meal total/day 165-200	40-50	30	40	15	30	10-20	0-15 depending on blood sugar #
Monday	plain yogurt frozen blueberries homemade granola cut-up cantaloupe	almonds natural applesauce	peanut butter & jelly sandwich on oat-bran bread popcorn	orange slices cheese stick	snack plate of celery & peanut butter, cucumber, carrots, & apples	meatballs with sauce broccoli salad	blueberries & whipped cream

Danny's Hemoglobin A1c was **6.8**

Typical Day Food Log Three Years after Diagnosis (Jan. 05)

<u>Day</u>	<u>Breakfast</u>	<u>AM Snack</u>	<u>Lunch</u>	<u>2:30 Snack</u>	<u>4:00 Snack</u>	<u>Dinner</u>	<u>PM Snack</u>
Carbs /meal total/day 140-220	30-40	20-35	25-45	20-25	20-30	25-35	0-10 depending on blood sugar #
Thursday	plain yogurt with blueberries, homemade granola, & maple syrup	apple almond cookies	school salad bar with fruit salad glass of milk	energy bar with almonds, pecans, dates, cinnamon, cloves	lemonade (lemon juice, Stevia, water) cut veggies with hummus	roast chicken with broccoli & salad	banana slices with almond butter

Danny's Hemoglobin A1c was **6.2**