



Diet and exercise recommendations for adults with diabetes

Patient: _____

Date: _____ Medical Record #: _____

Glycemic control

American Diabetes Association (ADA) recommendations ¹	Your goals:
Preprandial capillary plasma glucose	90-130 mg/dL (5.0-7.2 mmol/l) _____
Peak postprandial capillary plasma glucose*	<180 mg/dL (<10.0 mmol/l) _____
American Association of Clinical Endocrinologists recommendations²	
Preprandial capillary plasma glucose:	≤110 mg/dL
Peak postprandial capillary plasma glucose:	≤140 mg/dL

Diet

ADA diabetes food pyramid ³	Your plan:
Daily serving ranges based on body type and level of activity:	
• Grains and starches (bread, potato, tortilla, pasta)—6-11 servings	Servings/day _____
• Vegetables (broccoli, carrots, tomatoes, lettuce)—3-5 servings	_____
• Fruit (strawberries, oranges, apples, grapes)—2-4 servings	_____
• Milk (low-fat milk, yogurt)—2-3 servings	_____
• Meat and meat substitutes (poultry, fish, cheese, peanut butter)—4-6 ounces	_____
• Fats and sweets (ice cream, muffin, small cookies)—small servings, for special treats	_____

Exercise goals

ADA recommendations ¹	Your plan:
At least 150 minutes per week of moderate-intensity aerobic activity:	
• Distributed over at least 3 days per week	Minutes/week _____
• No more than 2 consecutive days without physical activity	Exercise days _____
• Target all major muscle groups, progressing to 3 sets of 8-10 repetitions at a weight that cannot be lifted more than 8-10 times	
National Institutes of Health recommendation⁴	
At least 30 minutes of exercise most days of the week:	
• All at once or in smaller increments throughout the day	
Remind the patient to talk with a doctor before beginning any exercise program.	

Referrals (as needed) _____

*Postprandial glucose measurements should be made 1–2 h after the beginning of the meal, generally peak levels in patients with diabetes.

References: 1. American Diabetes Association. Standards of Medical Care in Diabetes—2006. *Diab Care*. 2006;29(Suppl 1):S4-S42. 2. The American Association of Clinical Endocrinologists. Medical Guidelines for the Management of Diabetes Mellitus: The AACE System of Intensive Diabetes Self-Management. *Endocr Pract*. 2002;8(Suppl 1):40-82. 3. American Diabetes Association. Using the diabetes food pyramid. Available at: <http://www.diabetes.org/nutrition-and-recipes/nutrition/foodpyramid.jsp>. Accessed March 8, 2006. 4. National Diabetes Information Clearinghouse. Prevent diabetes problems: Keep your heart and blood vessels healthy. National Institute of Diabetes and Digestive and Kidney Diseases, National Institutes of Health, U.S. Department of Health and Human Services, NIH Publication No. 03-4283, September 2003.

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