

Type 2 Diabetes Food and Activity Plan

Your Patient: 50 year old male, type 2 Diabetic

Recommendations:

- Calories Allowed Per Day: 1500-1800
- No more than one half of the calories from carbohydrates
- 60 minutes of moderate to vigorous activity per day

Meal Plan

Breakfast

Total Calories _____

Lunch

Total Calories _____

Dinner

Total Calories _____

Snacks

Total Calories _____

Physical Activity

Total Minutes _____ Total Calories Burned _____

Total Calories In _____ Total Calories Burned _____