

1. 2200 ADA Diet; 3 meals and HS snack

	B	AM Snack	L	PM Snack	D	HS Snack	Total Exchanges	%C	%P	%F
Starch	2		3		3	1	9	15 135	3 27	1 9
Meat			2		4		6		7 42	2 30 5 8
Vege								5	2	
Fruit	2		2		1	1	6	15 90		
Milk	1				1	1	3	12 36	8 24	3 1 5 8
Fat	2		3		3	1	9			45 5
Goal	79		79		79	39	Total grams	261	93	87
TOTAL	72		75		72	42	Total Kcals	1044	372	783

=2199 calories
(36% kcals from fat)

2. 4200 ADA Diet; athlete who wears a pump; needs 6-8 grams CHO per kg body weight (he weighs 88kg)

	B	AM Snack	L	PM Snack	D	HS Snack	Total Exchanges	%C	%P	%F
Starch	5	3	6	3	6	3	26	15 390	3 78	1 26
Meat			3	1	3	1	8		7 56	2 40 5 8
Vege		1	2	1	2		6	5 30	2 12	
Fruit	2	1	1	1	1	1	7	15 105		
Milk	1		1		1		3	12 36	8 24	1 15 5 8
Fat	2	1	3	2	3	1	12			5 60
Goal	117	59	117	59	117	59	Total grams	561	170	141
TOTAL	117	60	117	60	117	60	Total Kcals	2244	680	1269

=4193 calories
(30% kcals from fat)

3. 1800 ADA Diet; afternoon and HS snack

	B	AM Snack	L	PM Snack	D	HS Snack	Total Exchanges	%C	%P	%F
Starch	2		2	2	3	1	10	15 150	3 30	1 10
Meat			2		3		5		7 35	2 25 5 8
Vege								5	2	
Fruit	1		1			1	3	15 45		
Milk	1		1		1		3	12 36	8 24	3 5 8
Fat	1		1		2		4			5 20
Goal	56		56	28	56	28	Total grams	231	89	58
TOTAL	57		57	30	57	30	Total Kcals	924	356	522

=1802 calories
(29% kcals from
fat)

4. 1500 ADA Diet; conventional insulin therapy

	B	AM Snack	L	PM Snack	D	HS Snack	Total Exchanges	%C	%P	%F
Starch	2		2		3		7	15 105	3 21	1 7
Meat			1		2		3		7 21	6 2 5 8
Vege			1		1		2	5 10	2 4	
Fruit	1		2			1	4	15 60		
Milk	1				1	1	3	12 36	8 24	1 5 8
Fat	1		1		1		3			5 15
Goal	53		53		53	27	Total grams	211	70	43
TOTAL	57		60		57	27	Total Kcals	844	280	387

=1511 calories
(26% kcals from fat)

5. 3000 ADA Diet; 3 meals 3 snacks

	B	AM Snack	L	PM Snack	D	HS Snack	Total Exchanges	%C	%P	%F
Starch	3	3	3	2	4	2	17	15 255	3 51	1 17
Meat	2	1	1		3		7		7 49	8 2 15 5 8
Vege		1	2		2	1	6	5 30	2 12	
Fruit	2		2	1	1		6	15 90		
Milk			1		1	1	3	12 36	8 24	1 5 8
Fat	2	1	1	1	2		7			5 35
Goal	83	42	83	42	83	42	Total grams	411	136	90
TOTAL	75	45	87	45	87	42	Total Kcals	1644	544	810

=2998 calories
(27% kcals
from fat)

6. 2000 ADA Diet

	B	AM Snack	L	PM Snack	D	HS Snack	Total Exchanges	%C	%P	%F
Starch	3		4		4	1	12	15 180	3 36	1 12
Meat			2		2		4		7 28	2 20 5 8
Vege			1		1	1	3	5 15	2 6	
Fruit	1					1	2	15 30		
Milk	1		1		1		3	12 36	8 24	3 1 5 8
Fat	1		2		2	1	6			5 30
Goal	72		72		72	36	Total grams	261	94	65
TOTAL	72		72		77	30	Total Kcals	1044	376	585

=2005 calories
(29% kcals
from fat)

Meal #3 (1,800 calories)	Food	Serving Size	Number of Exchanges
Breakfast {8:00 am}	Bran Cereal	1 cup	1 Starch
	Fat-free milk	1 cup	1 Milk
	Flaxseed, whole	1 Tbsp	1 Fat
	Apricots, fresh	4 whole	1 Fruit
Lunch {11:00 am}	1 taco consisting of:		
	-Ground Beef	2 oz	2 Medium-Fat Meat
	-Brown Rice	1/3 cup	1 Starch
	-Tortilla, flour, 6 inches across	1	1 Starch
	-Avocado, medium	2 Tbsp	1 Fat
	Fat-free milk	1 cup	1 Milk
	Papaya	1 cup cubed	1 Fruit
PM Snack {2:00 pm}	Animal Crackers	16 crackers	2 Starch
Dinner {5:00 pm}	Corn on cob, large	1 cob (10 oz)	2 Starch
	Roll, plain, small	1 (1 oz)	1 Starch
	Butter, reduced fat	1 Tbsp	1 Fat
	Lamb, rib roast	3 oz	3 Medium-Fat Meat
	Fat-free milk	1 cup	1 Milk
HS Snack {8:00 pm}	Graham cracker, 2 ½ inch square	3 crackers	1 Starch
	Grapes, small	17 (3 oz)	1 Fruit

Meal #5 (3,000 calories)	Food	Serving Size	Number of Exchanges
Breakfast {8:00 am}	Grits, cooked	1 cup	2 Starch
	Wheat Germ, dry	3 Tbsp	1 Starch
	Butter, stick	2 tsp	2 Fat
	Egg Whites	4	2 Lean Meat
	Peaches, canned	1 cup	2 Fruit
AM Snack {10:30 am}	Bagel, large	¾ bagel (3 oz)	3 Starch
	Processed Cheese Spread	1 oz	1 Medium-Fat Meat
	Tomato Juice	½ cup	1 Vegetable
	Cashews	6 nuts	1 Fat
Lunch {1:00 pm}	Hot Dog w/3g of fat or less per/ounce	1 hot dog	1 Lean Meat
	Hot Dog Bun	1 bun (2 oz)	2 Starch
	Sauerkraut	1 cup	1 Vegetable
	Baked Potato Chips	15 chips	1 Starch
	Reduced-Fat Milk	1 cup	1 Milk
	Salad Consisting of:		
	Spinach	1 cup	1 Vegetable
	Strawberries, whole berries	1 ½ cup	1 Fruit
	Mandarin Oranges, canned	¾ cup	1 Fruit
	Salad Dressing, reduced-fat	2 Tbsp	1 Fat
PM Snack {3:30 pm}	Potato, baked with skin	½ large potato (6 oz)	2 Starch
	Butter, reduced-fat	1 Tbsp	1 Fat
	Watermelon	1 slice	1 Fruit
Dinner {6:30 pm}	Pasta, cooked	1 1/3 cup	4 Starch
	Olive Oil	2 tsp	2 Fat
	Ground Turkey	2 oz	2 Medium-Fat Meat
	Cottage Cheese	¼ cup	1 Lean Meat
	Broccoli	1 cup	1 Vegetable
	Asparagus	1 cup	1 Vegetable
	Honeydew Melon	1 cup cubed	1 Fruit
	Reduced-Fat Milk	1 cup	1 Milk
HS Snack {8:30 pm}	Sweet Potato	1 cup	2 Starch
	Mixed Vegetables (w/o corn, peas, or pasta)	1 cup	1 Vegetable
	Reduced-Fat Milk	1 cup	1 Milk

Meal #6 (2,000 calories)	Food	Serving Size	Number of Exchanges
Breakfast {8:00 am}	Waffle, 4 inch square	3	3 Starch
	Raspberries	1 cup	1 Fruit
	Soy Milk, regular plain	1 cup	1 Milk + 1 Fat
Lunch {12:00 pm}	“Chicken” nuggets, soy-based	4 nuggets	2 Medium-Fat Meat
	Bagel, large (about 4 oz)	1 bagel	4 Starch
	Almond Butter	1 ½ tsp	1 Fat
	Celery	½ cup	½ Vegetable
	Carrots	½ cup	½ Vegetable
	Soy Milk, regular plain	1 cup	1 Milk + 1 Fat
Dinner {5:00 pm}	Tofu	8 oz	2 Medium-Fat Meat
	Broccoli	¼ cup cooked	½ Vegetable
	Baby Corn	¼ cup cooked	½ Vegetable
	Peas, green	½ cup	1 Starch
	Squash, winter	1 cup	1 Starch
	Soybean Oil	1 tsp	1 Fat
	Brown Rice	2/3 cup	2 Starch
	Soy Milk, regular plain	1 cup	1 Milk + 1 Fat
HS Snack {8:30 pm}	Rice Cakes, 4 inches across	2 rice cakes	1 Starch
	Apple, unpeeled, small	1 (4 oz)	1 Fruit
	Sugar Snap Peas	1 cup	1 Vegetable
	Almonds	6 nuts	1 Fat

Spreadsheet

Item Name	Quantity	Measure	Cals (kcal)	Carb (g)
E D			1999.31	297.90
Day 1 (11/9/2012)			1999.31	297.90
Breakfast			363.60	67.34
Waffles, low fat, fzn, 4"	3	Each	213.15	42.28
Raspberries, fresh	1	Cup	50.00	17.00
Soy Milk, plain	1	Cup	100.45	8.06
Lunch			688.54	98.33
Vegetarian Meat, chicken, Chik'n Nuggets	4	Each	170.00	18.00
Bagel, plain	4	Ounce-w...	334.23	63.26
Nut Butter,	1.5	Teaspoon	49.12	1.51
Celery, fresh, diced	0.5	Cup	8.08	1.50
Carrot, baby, fresh	0.5	Cup	26.67	6.00
Soy Milk, plain	1	Cup	100.45	8.06
Dinner			698.76	80.22
Tofu, firm	8	Ounce-w...	224.80	2.50
Broccoli, chpd, ckd, drnd	0.25	Cup	13.65	2.80
Corn, baby, gold & white, fzn	0.25	Cup	37.31	7.46
Peas, green, ckd f/fzn, drnd	0.5	Cup	62.40	11.41
Squash, winter, all types, bkd, cubes	1	Cup	75.85	18.14
Oil, soybean	1	Teaspoon	40.00	0
Rice, brown, long grain, ckd	2/3	Cup	144.30	29.85
Soy Milk, plain	1	Cup	100.45	8.06
Evening Snack			248.40	52.00
Rice Cake, plain	2	Each	69.82	14.94
Apple, fresh, sml 2 3/4"	1	Each	77.48	20.58
Peas, sugar snap, microwv, fzn	1	Cup	59.70	14.93
Nuts, almonds, whole, USDA	6	Each	41.40	1.56
% Recommendation			91.42	99.07