



Seniors Taking Charge of Your Health!

Lesson 3: Diabetes Prevention and Management

Getting Ready

1. Review the lesson plan and read the educator resources before each session.
2. Prepare to do chair exercises. Choose Module E with bands (found elsewhere in this document) or Tufts/CDC Growing Stronger, Part I (a separate booklet or online at: http://www.cdc.gov/nccdphp/dnpa/physical/growing_stronger/growing_stronger.pdf).
3. Make copies of chair exercise guide for participants to take home (if not done so already).
4. Copy and staple the handouts that best meet the needs of your audience (one set for each participant).
5. Gather supplies needed for lesson, recipe, and activities.

General Supplies

1. Handouts for participants.
2. Pens or pencils for participants to write on the handouts.
3. Plastic plate with three sections, cereal bowl, and 8-ounce glass to demonstrate the plate method of meal planning.
4. Assorted food models or other representations for each food group on the plate.
5. Exercise bands. Optional: step counters to replace those that are lost or broken.
6. Optional: If time permits, then play "Bingo for Better Health." Supplies for bingo are bingo cards for all participants (found elsewhere in the manual), large dry beans for bingo pieces, and prizes such as magnifying glasses, measuring cups, healthy snacks, bottled water, spice blends, packets of artificial sweetener, low-calorie and shelf-stable milk products, canned or fresh fruits and vegetables, night lights, and lotion or hand cream.

Supplies When Preparing a Recipe for Participants (Strongly Recommended)

1. Ingredients to prepare the recipe provided or another healthy recipe.
2. Supplies for tasting recipe, such as plates, forks or spoons, and napkins.

Beginning the Session

1. Introduce yourself by name and the organization that you represent. Take attendance.
2. Summarize the lesson by going over the objectives. Let the group know that the session will be informal and that questions can be asked at any time.

Objectives for Participants

1. Understand what diabetes is and how it affects a person's health.
2. Learn how to care for the feet, eyes, and teeth to control diabetes complications.
3. Understand what carbohydrates are and what healthy foods provide them.
4. Learn how to use the plate method to control portion sizes and plan balanced meals.
5. Do chair exercises, complete physical activity charts, and set new physical activity goals.

Author

Mindy Bell, Graduate Assistant, Department of Foods and Nutrition, The University of Georgia, Athens, GA 30602, 706-542-4869.

Menus and Physical Activity Programs

Mindy Bell, Graduate Assistant, Department of Foods and Nutrition, The University of Georgia, Athens, GA 30602, 706-542-4869.

Educator Resources

Before presenting the lesson, read these resources that were used to prepare this lesson:

- American Diabetes Association, Your Body's Well Being, <http://diabetes.org/type-1-diabetes/well-being.jsp> and Types of Carbohydrate, <http://diabetes.org/nutrition-and-recipes/nutrition/types-of-carb.jsp>.
- Bantle, J. P., Wylie-Rosett, J., Albright, A. L., Apovian, C. M., Clark, N. G., Franz, M. J., et al. (2006). Nutrition recommendations and interventions for diabetes – 2006: A position statement of the American Diabetes Association. *Diabetes Care* 29, 2140-2157.
- National Institute of Diabetes and Digestive and Kidney Diseases (NIDDK), <http://www.diabetes.niddk.nih.gov>.
- USDHHS and USDA's Food Pyramid, <http://www.mypyramid.gov>.

This lesson discusses carbohydrates, with an emphasis on healthy carbohydrate-containing foods that are important to include in a healthy diet. Although fiber is a carbohydrate, it is only mentioned briefly because it is not digestible and does not impact blood glucose levels. However, it should be recognized that the 2005 Dietary Guidelines for Americans encourages choosing fiber-rich fruits, vegetables, and whole grains often to maintain good health. Consumption of these foods is promoted in the section of this lesson for diabetes menu planning.

Script

Give participants their handouts.

Remember to take attendance.

Introduction

Today we will talk about diabetes. All of our key messages are very important for people who are at risk of getting diabetes (which is many if not most older people) and for those who already have diabetes. Talking to your doctor and getting checked for blood pressure, cholesterol, and A1c (for people with diabetes) are all important. How much physical activity daily will help us prevent or help us manage diabetes? *Wait for responses.* Yes – 30 minutes daily. What kinds of foods help prevent and manage diabetes? *Wait for responses.* Right – 7 to 10 servings of fruits and vegetables; most fruits and vegetables are low in salt and fat, too. Three servings of whole

grain foods, such as whole grain breads and cereals, help control our blood sugar and leave us feeling full. And three servings of low-fat milk products provide us with the important protein and calcium we need each day. Remember that people with diabetes and older people in general are at risk of getting foodborne illnesses, the flu, and colds, so hand-washing is very important. Does anyone know how long we should wash our hands before preparing food? *Wait for responses.* Yes – washing your hands for 20 seconds helps ensure that you’ve removed bacteria and that your hands have gotten clean.

Let’s review the handout titled “*Seniors Taking Charge of Your Health!*” and talk about what you eat to stay healthy. *Wait for responses.* What helps you be physically and mentally active? *Wait for responses.* What are some things that help you be positive and help cheer you up? *Wait for responses.* Good ideas! What are some check-ups that we need? *Collect answers.* Right! You can check your feet daily, which is especially important for those with diabetes. Ask your doctor how often you should have your blood pressure, blood cholesterol, blood sugar, and body weight checked. You may need these checked more often if you have high blood pressure, high blood cholesterol, or diabetes. Regular vision and hearing check-ups are also important. Ask your doctor or pharmacist to review your medications to help avoid medication problems.

What is Diabetes?

What does having diabetes mean to you? *Gather and discuss responses.* Many of us may think of blood sugar when we hear the word diabetes, and that’s because diabetes results when blood glucose (sugar) is too high. People with diabetes cannot make or use the hormone insulin correctly. Insulin helps move glucose from your blood into your cells to give you energy. There are two main types of diabetes, type 1 and type 2. People with type 1 diabetes do not make insulin and need lifelong insulin therapy to survive. Type 2 is the most common form of diabetes in older adults. People with type 2 diabetes can make insulin, but not enough to keep blood glucose levels in the normal range. People with type 2 diabetes must work with their doctor to control diabetes, which may include taking oral medicine and/or daily insulin injections. A healthy diet and regular physical activity are always an important part of diabetes prevention and management.

How do you know if you have diabetes? Symptoms are not always obvious, which is why some people have diabetes for many years without knowing it. Symptoms may include feeling tired and having excessive fatigue, hunger, thirst, and urination. Your doctor can do a fasting blood test to diagnose diabetes, and this test measures the amount of sugar in your blood after fasting for at least six hours.

Risk Factors and Complications

There are many risk factors for type 2 diabetes, or things that increase the chances of getting it. Can you think of any of these? *Gather and discuss responses.* That's right – things that are linked to diabetes include:

- Physical inactivity
- Eating too many high-fat, high-calorie foods that can lead to unhealthy weight gain
- Ethnicity – some ethnic groups, such as African Americans and Hispanics/Latinos, are at increased risk
- Having an immediate family member with diabetes, such as a sibling or parent
- Having had gestational diabetes or gave birth to a baby weighing more than 9 pounds

While there is no cure for diabetes, it can be managed and even prevented through healthy lifestyle habits and regular check-ups. Some risk factors, such as physical inactivity and unhealthy eating that contribute to being overweight, are things that we can control to lower our risk for and manage diabetes.

Getting checked regularly by health care professionals is also an important way to prevent and manage diabetes. Your doctor can check you for diabetes and can help you to control risk factors. If you have diabetes, they will make a care plan for you, such as when to check your blood glucose and which medicines to take. Your doctor can also help you to prevent and control complications of diabetes.

As you may know, diabetes can have serious and life-threatening effects on your health. Even though people with diabetes may feel normal, they are at risk for several complications that can develop overtime. Does anyone know what some common complications are? *Wait for responses and discuss.* Right – diabetes can affect many parts of the body, including our eyes, feet, skin, teeth, kidneys, and heart.

So let's talk about some of the ways that we can care for ourselves to prevent and manage diabetes and its complications.

Foot, Vision, and Dental Care for Diabetes

Regular self-checks are important for people with diabetes, along with regular check-ups from health care professionals. Let's look at the handout called "*Checklist for Diabetes Prevention and Management.*" *Review handout with participants using the added details below.*

Vision: Diabetes usually does not lead to total vision loss, but it can increase the risk of eye problems including cataracts, glaucoma, and damaged blood vessels in the eyes. Protect eye health by visiting an eye care professional regularly. We can also care for our eyes by working with our doctor to keep blood glucose in a healthy range and by wearing sunglasses outside to help prevent cataracts.

Feet: For people with diabetes, it is important to self-check feet daily to make sure calluses, ulcers, and other problems are not forming. You may need a small mirror to help you do this if you cannot see them easily. Nerves and blood vessels in the legs and feet often become damaged in people with diabetes. That's why it's important to check your feet and to be careful in exposing them to heat and cold, since you may not be able to feel an injury. A foot care professional should check for problems, too, about once per year.

Dental: High blood glucose levels can make us more prone to infections and may contribute to gum disease. If this problem is not treated, teeth may become loose and fall out. That's why we need to care for our teeth and gums. Can anyone name some important ways we can care for our teeth? *Wait for responses and discuss.* That's right – be sure to brush and floss your teeth everyday, and see your dentist twice a year. Remember that it's still important to prevent infection in your gums by keeping them clean, even if you wear dentures or no longer have your original teeth.

Menu Planning for Diabetes

Healthy eating is another important part of diabetes prevention and management as you saw on your last handout. Eating healthy foods in the right portions throughout the day can help to keep blood glucose under control. It can also help to keep your heart healthy, which is important for everyone. Eating a variety of foods helps us to get many different nutrients that our bodies need.

One nutrient that many people with diabetes are concerned about is carbohydrate. What does that term mean to you? *Gather responses.* It sounds like many of you have an idea of what carbohydrates are. Carbohydrates include sugars, starches and fiber, and are found in many common foods. Sugars and starches are the carbohydrates that raise blood sugar after a meal and give us energy. Can anyone give some examples of foods that have carbohydrates in them? *Wait for responses.* Right – sugars are found in many foods, and can be either natural or added. Fruit, some vegetables, and milk contain natural sugars, while cakes and ice-cream often contain added sugars. Starches are found in foods such as beans and foods made with flour, such as bread. Carbohydrates are listed on the Nutrition Facts panel of food labels. Be sure to read the value for “Total Carbohydrate” because this tells you the amount of sugar and starch in a serving of the food you're eating.

Many healthy foods, such as fruits and some vegetables, whole grain foods, and milk products, all contain carbohydrates. These foods also provide many vitamins and minerals that our bodies need. Many not-so-healthy choices also contain carbohydrates, such as pie and doughnuts. The less healthy choices often have a lot of extra sugar added to them and usually are not whole grain. They also tend to have few nutrients.

Everyone, including people with diabetes, should eat a variety of healthy, carbohydrate-containing foods. These foods provide us with many of the nutrients we need. The important thing is to eat the recommended serving sizes regularly throughout the day at meals and snacks.

Let's look at the handout titled "*Carbohydrates in Foods*" to help us identify which carbohydrate-containing foods we should eat everyday. *Read the directions on the handout with participants and allow a few minutes to complete the activity. Then, go over the answers and discuss. Participants should have circled: First row (sweet potato, beans, yogurt); second row (whole wheat bread, apple, oatmeal); third row (low-fat milk, corn).*

Plan My Plate

Now that we know about some of the healthy foods we should eat everyday, let's learn about planning healthy meals by looking at the handout called "*Plan My Plate.*" Using the plate method makes it easy to plan balanced meals, particularly at lunch and dinner. Our plate is divided into four sections: protein foods, non-starchy vegetables, starchy vegetables, and starchy grains. There are also two circles at the bottom, representing a fruit and a milk product serving. Let's talk about each section on our plate:

Protein foods: Includes choices such as meat, fish, and poultry, low-fat cheese, or cottage cheese. These foods do not contain carbohydrates, but are rich in protein. Two to three ounces (or about the size of a deck of cards) is a serving for most meats. A half-cup serving of cottage cheese can also count as a protein serving in place of a meat.

Vegetables: Half the space on our plate is for vegetables, starchy and non-starchy. Can anyone give me examples of non-starchy vegetables (ones that do not contain much carbohydrate)? *Gather and discuss responses.* Right – examples include peppers, green beans, carrots, and broccoli. The other vegetable section is for starchy vegetables. Can you think of some starchy vegetables (ones that are rich in carbohydrate)? *Gather responses.* Great – sweet potatoes, white potatoes, corn, peas, and beans are all good examples. For most vegetables, ½ cup is a serving, but for raw leafy greens, one cup counts as a serving.

Starchy grains: Rice, bread, and pasta are all examples of grain foods. Try to choose whole grain varieties as often as you can, such as brown rice and 100% whole wheat bread. A serving of grains is usually about one slice of bread or ½ cup rice or pasta.

Fruit and Milk Products: At the bottom, there is also a place to have a fruit and a milk product at meals. Half a cup is a serving for most fruits, or a small piece of whole fruit. One cup is a serving for most milk products, such as milk and yogurt. If you are full, you can save the fruit or milk serving for a snack later in the day.

Most meals at senior centers follow this plate plan, because they usually provide at least two vegetables, one fruit, one serving of meat, poultry, or fish, one starchy food that is usually whole grain, and one milk product such as low-fat milk.

Activity: Plan a Plate

Walk participants through an example of how to plan a plate using food models. Then, have volunteers practice planning a healthy plate with various food models from the different food

groups. Discuss each plate with the group and talk about the healthy aspects of the meals. Remind participants of how much a serving is for each type of food.

Menu and Recipe

As we've learned today, healthy eating is an important part of diabetes prevention and management, so let's turn to a sample menu and recipe that shows healthy eating patterns, called "Sample Menu #3." This menu has about 1,800 calories. Today's menu helps us to see how we can control portion sizes and eat balanced meals and snacks with a variety of foods. Each meal contains some carbohydrate from foods such as whole grains, fruit, starchy vegetables, and milk products. In general, three to four servings of carbohydrate-containing foods at meals and one to two servings of carbohydrate-containing foods at snacks is appropriate for older people with diabetes. Each meal also has protein from foods such as lean meats, skinless poultry, fish, and low-fat cheese.

All of the foods on our menu are given in the right serving sizes to help with meal planning and portion control. You may want to measure out foods that you eat regularly until you can "eyeball" how much a serving actually is. Once you know what a serving looks like, you won't need to measure anymore, but will still be able to control your portions. Notice that our menu contains at least seven servings of fruits and vegetables, at least three servings of whole grains, and three servings of low-fat milk products. Also, notice that some of these healthy carbohydrate-containing foods are at each meal and snack to help us space carbohydrates throughout the day, which helps to better control blood sugar.

The menu has a recipe for you to try at home, too. Today's recipe is a super easy and inexpensive chicken and rice. You may already have most of the ingredients on hand at home. The tomato sauce and spices give it a zippy flavor without adding a lot of fat or salt. Controlling the amount of salt and fat in the foods we eat is a very good way to keep your heart healthy, especially if you have diabetes. *Encourage participants to describe other healthy aspects of the menu and if the recipe is used for tasting, then ask the participants to share their opinions. Be sure to remind participants to follow any special dietary restrictions prescribed by their health care providers and tell participants what is in the recipe in case anyone is allergic to any of the ingredients.*

Be Physically Active Everyday!

Another way to help keep our hearts healthy and to help control blood glucose (for people with diabetes) is physical activity.

Today we're going to learn some chair exercises that can be done almost anytime or anywhere. As you may guess, they are done in chairs, so they're wonderful for practicing at home on your own, too. We will do a group of six exercises today, most of which use a resistance band as a fun way to help challenge and strengthen our muscles. Next week, we will do a different group of six more exercises. We will continue to do our chair exercises at each session until we've learned all of them. As we start today, let's first do a warm-up to help get our minds and

muscles ready to be active. *Start the exercise session with a five to ten minute warm-up. Then, begin Exercise Module E (bands) or Tufts/CDC Growing Stronger, Part I. Note: You can also play music to move and groove to, as this can make the session more fun and helps to synchronize everyone's movements.*

NOTE: *For groups using step counters: Have you been using your step counter to increase your walking? Wait for responses. If so, then have you been writing down your step counts on the Physical Activity Chart? Wait for a show of hands. Has anyone increased their number of steps since the last time we met? Wait for responses and invite participants to share ways they've found to increase their number of steps. You should feel very proud of yourself! The step counter helps us to see our improvements, and it is a big accomplishment to reach a personal goal. Does anyone need help with their step counter or need a new Physical Activity Chart? Respond as needed and help participants at the end of the lesson.*

Activity: "Bingo for Better Health"

Gather the group together to play "Bingo for Better Health." The bingo cards are printed at the end of all of these lessons. Give participants large dry beans for bingo pieces and bingo cards that have a series of nutrition and health-related illustrations in each bingo square. Play this game as normal bingo is played. Shuffle the stack of large bingo pieces, select one to call out to participants, and show the bingo piece to participants. The first participant to accurately declare bingo wins. Ideas for prizes include magnifying glasses to read food and medicine labels, measuring cups, healthy snacks, bottled water, spice blends, small packets of artificial sweetener, low-calorie pudding mix, shelf-stable milk or soy products (e.g., low-calorie milk powder, low-calorie cocoa packet, 8-ounce boxes of milk), canned or fresh fruits and vegetables, lights (e.g., night light, flashlight, key-chain light, other battery-powered lights), and small bottles of lotion or hand cream.

Seniors Taking Charge of Your Health! (Lesson 3)

Eat Healthy

What are some foods you eat to help you stay healthy?

Today we will talk about eating healthy foods in the right amounts for diabetes prevention and management.

Be Active

What are some activities you do to stay physically and mentally active?

Today we will do fun chair exercises using resistance bands.

Be Positive

What are some things that cheer you up and help you enjoy life?

Today we will discuss how to manage diabetes to prevent complications that can affect our quality of life.

Get Checked

What are some check-ups we need?

Today we will talk about the importance of getting feet, eyes, teeth, and gums checked to avoid diabetes complications.



Checklist for Diabetes Prevention and Management

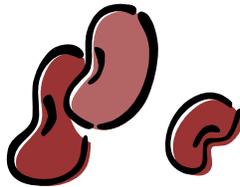
What To Care For...	What I Can Do...
 <p>Healthy Eating and Physical Activity</p>	<p><input type="checkbox"/> Eat a variety of healthy foods</p> <p><input type="checkbox"/> Eat sensible portions of carbohydrate-containing foods throughout the day</p> <p><input type="checkbox"/> 7 to 10 servings of fruits and veggies</p> <p><input type="checkbox"/> 3 servings of whole grain foods</p> <p><input type="checkbox"/> 3 servings of low-fat milk products</p> <p><input type="checkbox"/> Be active – aim for 30 minutes of moderate physical activity everyday</p>
 <p>Eyes and Vision</p>	<p><input type="checkbox"/> Call my doctor if I have a sudden change in vision</p> <p><input type="checkbox"/> See a professional once per year</p>
 <p>Feet</p>	<p><input type="checkbox"/> Wear shoes that fit properly</p> <p><input type="checkbox"/> Self-check everyday for injury</p> <p><input type="checkbox"/> Get a professional foot check at least once per year</p>
 <p>Teeth and Gums</p>	<p><input type="checkbox"/> Brush and floss daily</p> <p><input type="checkbox"/> See a professional twice per year</p>
 <p>Regular Check-Ups</p>	<p><input type="checkbox"/> See my doctor regularly to get screened for diabetes (every 3 years)</p> <p><input type="checkbox"/> Talk to my doctor about controlling risk factors for and complications of diabetes</p>

Carbohydrates in Foods

Carbohydrates are found in many different foods. Circle the healthy carbohydrate-containing foods below. Plan your meals and snacks with foods like the circled ones often.



Sweet potato, 1/2 medium or 1/2 cup mashed



Beans, 1/2 cup cooked



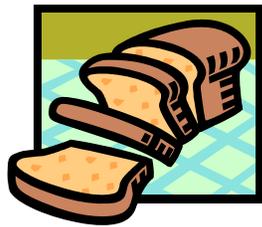
Cake, 1 slice



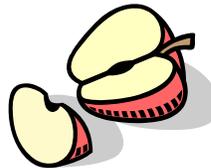
Yogurt, low-fat and low-calorie, 1 cup



Ice-cream, 1/2 cup or 1 small cone



Whole wheat bread, 1 slice



Apple, 1 small or 1/2 cup sliced, raw or cooked



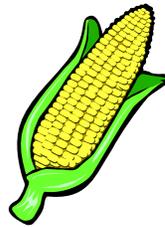
Oatmeal, 1/2 cup cooked



Milk, low-fat, 1 cup



Cookie, 1 small



Corn, 1/2 cup



Doughnut, 1 small

Plan My Plate!



PROTEIN FOODS

Meat, Fish, Poultry, Eggs,
Low-fat Cheese (2 to 3 oz)

or

Cottage Cheese ($\frac{1}{2}$ Cup)

NON-STARCHY VEGETABLE(S)

1 or 2 Servings

$\frac{1}{2}$ Cup Most

1 Cup Raw Leafy Salad

STARCHY GRAIN

1 Slice Bread or
 $\frac{1}{2}$ Cup Pasta or
 $\frac{1}{3}$ Cup Rice

STARCHY VEGETABLE

$\frac{1}{2}$ Cup

FRUIT

$\frac{1}{2}$ Cup or
Small Piece
Fresh Fruit

**Include the
fruit or milk in
your meal or as
part of your
snack.**

MILK PRODUCT

Skim Milk or
1% Milk or
Yogurt (1 Cup)

Sample Menu #3

Breakfast

Yogurt parfait (make layers), made with $\frac{3}{4}$ cup low-fat, low-calorie vanilla or peach yogurt, $\frac{1}{2}$ cup diced canned peaches packed in water or extra light syrup, drained, $\frac{3}{4}$ cup whole grain unsweetened cereal (such as Cheerios® or bran flakes)

Pecan halves, unsalted, 2 tablespoons (to sprinkle on parfait)

Coffee or hot tea, 1 cup, with artificial sweetener as desired

Snack

Mandarin oranges, canned in juice or water, drained, $\frac{1}{2}$ cup

Milk, 1%, 1 cup

Lunch

Barbequed pork sandwich, made with 2 ounces roasted pork tenderloin, 1 tablespoon barbeque sauce, 1 (2 ounce) whole wheat hamburger bun

Pinto beans, canned, rinsed and drained, heated, $\frac{1}{2}$ cup

Coleslaw, made with $\frac{1}{2}$ cup shredded cabbage, $\frac{1}{2}$ cup shredded carrots, 1 tablespoon reduced-fat mayonnaise

Snack

Whole wheat crackers (such as Triscuit®), low-sodium variety, 5 crackers

Cottage cheese, low-fat, calcium-fortified, $\frac{1}{4}$ cup

Evening meal

Spanish Chicken and Rice (recipe provided)

Broccoli, fresh or frozen, chopped, steamed, $\frac{1}{2}$ cup

Corn, frozen, boiled, $\frac{1}{2}$ cup, with 1 teaspoon soft tub margarine

Whole wheat bread, toasted, 1 slice, with 1 teaspoon soft tub margarine



Snack

Pudding, sugar-free, fat-free instant, prepared with milk, $\frac{1}{2}$ cup

Banana, sliced, 1 small or $\frac{1}{2}$ large

*Remember to drink plenty of fluids throughout the day! Water, tea, coffee, small amounts of juice, and other liquids all can help to keep you hydrated.

Spanish Chicken and Rice

Adapted from the NHLBI, the National Institutes of Health, 2003, Publication No. 03-2921

Serves 4

Ingredients:

- 2 cups cooked brown rice (cook in unsalted water)
- 1 to 1½ cups cooked skinless chicken breast, in chunks (fresh or canned, 7 ounce pouch or 10 ounce can)
- ½ cup diced sweet onion and ¼ cup diced green peppers
- 1 clove garlic, minced (optional)
- 2 teaspoons canola oil
- 1 cup no-salt-added tomato sauce (8-ounce can)
- ½ teaspoon all-purpose salt-free seasoning blend



Directions:

1. In a small pan, sauté the onions and garlic in the canola oil over medium heat for about 2 minutes until translucent.
2. Reduce the heat to medium-low and add the tomato sauce and seasoning blend; heat through, stirring occasionally.
3. In a medium bowl, mix together the rice and chicken; pour in the sauce and gently stir until all ingredients are fully combined.



Try this!

Experiment with different herbs to garnish this dish, such as parsley, for extra color and flavor if you wish. You could also use salsa as your sauce for a quick added zing.

Estimated Nutrition Facts per serving:

250 calories
6 g total fat
1 g saturated fat
27 g carbohydrate
20 g protein
2 g fiber

Nutrient Analyses of Sample Menus

Day/ Nutrient	Calories	Total Fat (g)	Sat. Fat (g)	Total Carb. (g)	Protein (g)	Fiber (g)
Sample 1	1805	52	15	257	89	28
Sample 2	1751	56	17	228	95	34
Sample 3	1774	50	12	240	96	27
Sample 4	1831	60	15	240	93	34
Sample 5	1725	52	13	228	101	26
Sample 6	1773	58	15	234	88	27
Sample 7	1744	61	18	221	94	32
Sample 8	1763	53	13	235	99	30
Sample 9	1757	51	17	232	101	30
Sample 10	1768	56	15	227	101	26
Sample 11	1810	68	19	223	92	27
Sample 12	1750	50	14	242	100	31
Average	1771	56	15	235	96	29



Most of the sample menus provide nutrients in the ranges of:

- 1750 to 1850 calories
- 25% to 35% of total calories from fat
- 7% to 10% of total calories from saturated fat
- 50% to 60% of total calories from carbohydrate
- 20% to 25% of total calories from protein
- 25 to 35 grams of fiber

Nutrient analysis estimates were completed using Diet Analysis Plus, Version 6.1, from ESHA Research, 2004. Nutrient values for individual foods can vary depending on brand, type of processing, method of preparation, and other factors. Be sure to read the Nutrition Facts panel of food labels if you'd like to know exactly how much of specific nutrients are in the foods you buy.