

Diabetic Diet Experience

After two days on the diabetic diet I am very thankful to have a fully-functional pancreas. It was not an enjoyable experience having exact amounts of what I needed to eat pre-planned and specified times when I have to eat it. Often times I was not hungry at all when I was scheduled to eat and had to force myself to eat anyways which made the enjoyment of food disappear completely. Spreading out carbohydrate intake throughout the day by calculating a menu is a practical way on paper but not in real life.

Beginning with breakfast, all I felt like was a glass of milk and some fruit but instead had to eat oatmeal and toast, filling me up to an uncomfortable level. It was frustrating and made eating less satisfactory not being able to satisfy my appetite. Later that afternoon working in Pendulum Court, it was impossible to resist the temptation of tasting desserts and other menu items in the kitchen while working there. Restricting myself from eating those foods which I love made me even hungrier for them and eventually I caved and consumed more than I normally would. Also, eating with others made it much more difficult to stick to my planned menu. At dinner, my husband had cheese on his fajitas and I went to do the same on mine but realized that I could not eat it due to my dietary restrictions. Before we go to bed we typically enjoy a bowl of cereal but it was not planned in my menu so instead I had to eat my Hershey Kisses and milk that I did not even want. It felt like I was eating unnecessary calories and it did not feel good because I did not want them. By the second day food was constantly on my mind and I couldn't wait to eat regular foods, not sugar free or soy. Now that the diet is over, I have learned a small portion of empathy for diabetics I will be counseling in the future and also will take portion sizes into consideration since what is calculated on paper is much different than true life amounts. For example, one cup of oatmeal or three cups of popcorn was more than I or mostly likely anyone else would want to consume in one sitting.

Overall, it was not an enjoyable experience and extremely difficult to follow. This is a lifestyle that must be adjusted to overtime. It was very hard to make the automatic switch overnight. I can now understand why so many diabetics have poor control of their blood sugar as the menus are impossible and miserable to follow.

ADA and ESHA Carbohydrates For Diet 3

When comparing the carbohydrates between the ESHA analysis and ADA exchange calculations, I was about 50 grams over the 246 gram goal for that day. The main discrepancy was found in the lunch food carbohydrate content. This can be attributed to the tomato soup that was supposed to count for two vegetables and a total of ten carbohydrates, but in reality a full cup of tomato soup contains 40 grams of carbohydrates. This is due to other added ingredients from processing and preparing the soup and should have been counted as a starch rather than a vegetable to account for this. The other meals and snacks were five to ten grams within the estimated exchanges. An example of this can be seen in the afternoon snack. According to the ADA exchanges, vinegar is supposed to be a free food when in reality the balsamic vinegar had five grams of carbohydrates. In addition, the air popped popcorn was three grams over its exchange and these small discrepancies added up quickly to exceed the planned carbohydrate intake of 35 grams by seven grams. I noticed that almost every food entered into ESHA did not exactly match with its exchange. The ADA exchanges are a tool rather than an exact science of how carbohydrates are in each food. One slice of bread is not going to consistently have 15 grams of carbohydrate every single time due to the varying ingredients found in each product or brand. This said, the ADA exchange tool can give a very close estimate which can be seen throughout diet three as most actual food content is very close to the estimated exchange amount.

Diet 3-1800 Calories-No Dairy

Meal	Food	Serving Size	Exchange
Breakfast 8:00	Oatmeal	1 Cup Cooked	2 Starches
	Blueberries	¾ Cup	1 Fruit
	Whole Grain Toast	1 Slice	1 Starch
	Veg Oil Margarine	1 Tbsp	1 Fat
Lunch 11:00	Bread	2 slices	2 Starch
	Butter	2 Tsp	2 Fat
	Canned Tuna	2 oz	2 Meat
	Fat-Free Mayonnaise	1 Tbsp	Free
	Dill Pickle	1 Spear	Free
	Apple	1 Small Apple	1 Fruit
	Tomato Soup	1 Cup	1 Vegetable
	Soy Milk	1 Cup	1 Milk
PM Snack 2:00	Lowfat Popcorn	3 Cups	1 Starch
	Strawberries	1 ¼ C Whole Berries	1 Fruit
	Spinach	1 Cup	1 Vegetable
	Balsamic Vinegar	2 Tbsp	Free
Dinner 5:00	Lean Sirloin	3 oz	3 Meat
	Flour Tortilla	2 6" tortillas	2 Starches
	Bell Pepper	1 Cup	1 Vegetable
	Salsa	¼ Cup	Free
	Fajita Seasoning	2 Tbsp	Free
	Soy Milk	2 Cup	1 Milk
HS Snack 8:00	Hershey Kisses	5 Kisses	1 Starch, 1 Fat
	Soy Milk	1 Cup	1 Milk

Meal	Food	Serving Size	Exchange
Breakfast 8:00	Oatmeal	½ Cup Cooked	1 Starch
	Blueberries	¾ Cup	1 Fruit
	Whole Grain Toast	1 Slice	1 Starch
	Veg Oil Margarine	1 Tbsp	1 Fat
	Raspberry Jam	1 Tbsp	1 Starch
Lunch 11:00	Whole Grain Bread	2 Slices	2 Starch
	Peanut Butter	2 Tbsp	2 Meat
	Sugar Free Peach Jam	2 Tsp	Free
	Raw Baby Carrots	1 Cup	1 Vegetable
	Apple	1 Small	1 Fruit
	Walnuts	8 Halves	2 Fat
	Soy Milk	1 Cup	1 Milk
PM Snack 2:00	Ritz Crackers	6 Crackers	1 Starch
	Tangelo	1 Small	1 Fruit
	Green Beans	½ Cup	1 Vegetable
Dinner 5:00	Bread	2 Slices	2 Starch
	Sauerkraut	½ cup cooked	1 Vegetable
	Corned Beef	3 oz	3 Meat, 1 Fat
	Thousand Island Dressing	2 Tbsp	2 Fats
	Corn	½ Cup	1 Starch
	Soy Milk	1 Cup	1 Milk
HS Snack 3:00	Soy Milk	1 Cup	1 Milk
	Vanilla Wafers	5 Cookies	1 Starch, 1 Fat

Spreadsheet: Kerri Diabetic Bell | All Days

Spreadsheet

Item Name	Quantity	Measure	Cals (kcal)	Carb (g)
<input type="checkbox"/> Kerri Diabetic Bell			1946.60	297.27
<input type="checkbox"/> Day 1 (11/17/2010)			1946.60	297.27
<input type="checkbox"/> Breakfast			414.84	68.42
Cereal, hot, oatmeal, old fash, dry	1/2 Cup		216.67	38.33
Blueberries, fresh	3/4 Cup		63.27	16.08
Bread, whole grain, 100%	1 Slice		60.00	14.00
Spread, margarine, 60% vegetable oil, w/add vit D, bottle	1 Tablespoon		74.90	0
<input type="checkbox"/> Lunch			623.45	101.70
Bread, whole grain, 100%	2 Slice		120.00	28.00
Butter, salted	2 Teaspoon		67.88	0.01
Fish, tuna, light, w/water, chunk, cnd, drnd	2 Ounce-w...		60.00	0
Dressing, mayonnaise, fat free	1 Tablespoon		11.20	1.98
Pickles, dill, kosher, spears	1 Each		5.00	1.00
Apples, fresh, sml 2 3/4", USDA	1 Each		77.48	20.58
Soup, tomato, cond, cnd	1 Cup		181.04	40.00
Soy Milk, vanilla	1 Cup		100.86	10.14
<input type="checkbox"/> Afternoon Snack			197.44	42.65
Popcorn, air popped	3 Cup		92.88	18.70
Strawberries, fresh, sliced	1 1/4 Cup		66.40	15.94
Spinach, baby, fresh	1 Cup		10.00	2.57
Vinegar, balsamic	2 Tablespoon		28.16	5.45
<input type="checkbox"/> Dinner			473.85	58.71

Spreadsheet cont.

Item Name	Quantity	Measure	Cals (kcal)	Carb (g)
Beef, sirloin, ground, extra lean, raw	3	Ounce-w...	97.50	0
Tortilla, flour, rtb, 6"	2	Each	187.20	30.81
Peppers, bell, green, sweet, fresh, chpd	1/2	Cup	14.90	3.46
Peppers, bell, red, sweet, fresh, chpd	1/2	Cup	23.09	4.49
Salsa	1/4	Cup	20.00	4.00
Seasoning, fajita, dry mix	2	Tablespoon	26.67	4.00
Soy Milk, w/add calcium vitamins A & D	1	Cup	104.49	11.96
Evening Snack			237.02	25.78
Candy, milk chocolate	5	Piece	132.53	13.83
Soy Milk, w/add calcium vitamins A & D	1	Cup	104.49	11.96
% Recommendation			87.65	97.35