

# Diabetes Medical Nutrition Therapy and Prevention Algorithm

Revised 04-27-06



IFG: Fasting glucose 100–125 mg/dL;  
 IGT: Post challenge glucose >140–199 mg/dL

Diabetes Mellitus  
 Fasting glucose  $\geq 126$  mg/dL;  
 2 hr. PP  $\geq 200$  mg/dL

$A1_c$ —Glycosylated Hemoglobin A1c  
 BMI—Body Mass Index  
 BP—Blood Pressure  
 CHO—Carbohydrates  
 IFG—Impaired Fasting Glucose

IGT—Impaired Glucose Tolerance  
 LDL-C—Low Density Lipoprotein Cholesterol  
 PCP—Primary Care Provider  
 PP—Postprandial  
 TG—Triglycerides

## Medical Nutrition Therapy

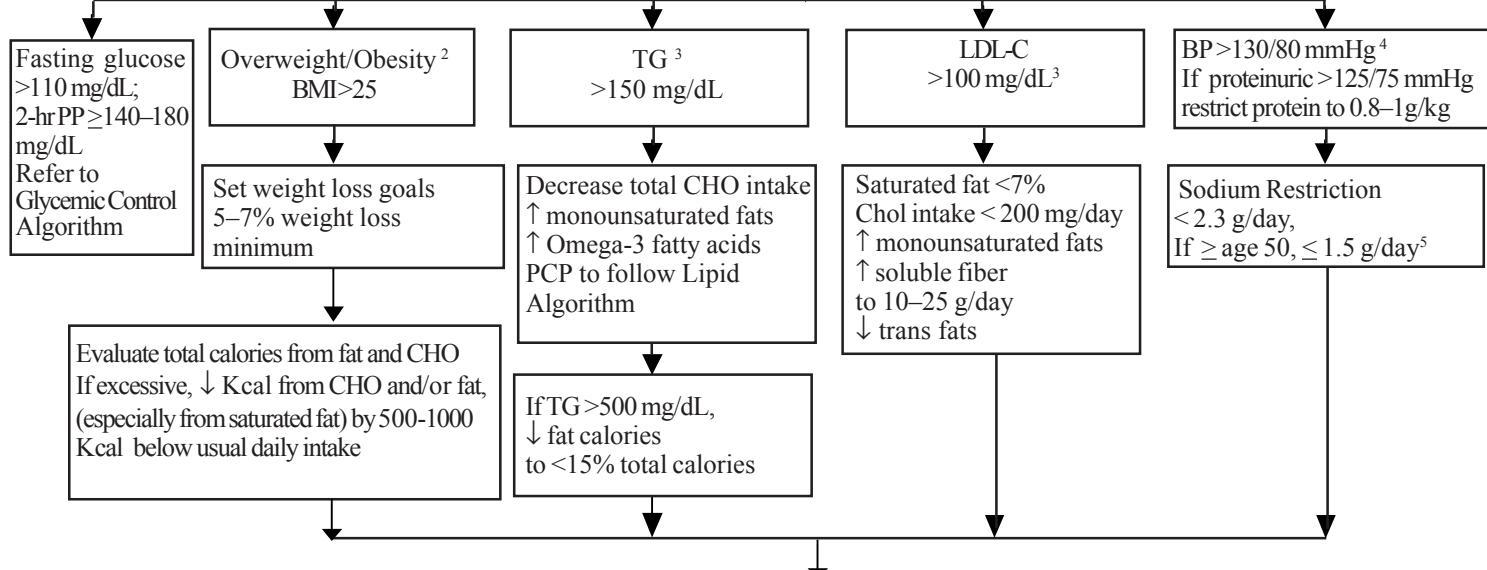
by Registered/Licensed Dietitian or Certified Diabetes Educator with Experience in Diabetes Nutrition Counseling

## Individual Nutrition Assessment

BMI, Waist Circumference, Medical History, Lab Values, Diet History, Lifestyle, Physical Activity, Readiness to Change

## Interventions

- Self-monitored blood glucose
- Meal plan<sup>1</sup>
  - Distribute food throughout the day to avoid large concentrations of calories or carbohydrates that cause postprandial glucose elevations.
  - Recommended:** 45-65% of Kcal from CHO    **Not Recommended:** <130g CHO (~9 servings/day). Individualized meals and snacks to include healthy food choices.  
 $\uparrow$  dietary fiber intake to 25–35 g/day
- Incorporate other needed diet modifications with diabetes meal plan
- Promote weight loss, if needed<sup>2</sup>
- Increase physical activity (Refer to Exercise Algorithm)
- Set individualized goals to meet patient needs.



Monitor glucose (SMBG),  $A1_c$ , weight, lipids, and blood pressure. Adjust food portions and distribution with medication and activity to achieve metabolic goals.

## Follow-up Evaluation

Monitor glucose (SMBG),  $A1_c$ , weight, lipids, and blood pressure. Modify meal plan as needed to achieve metabolic goals.

If metabolic targets are not met within 1–3 months, evaluate nutrition care plan, re-educate and review goals; verify patient follow-up with PCP/heathcare provider for drug therapy (per Glycemic Control Algorithm)

## Footnotes

<sup>1</sup>Diabetes Care. 2006 Jan, 29 (suppl 1): S11-S14, Diabetes Care. 2004;27(suppl 1):S36–S46; S55–7. <sup>2</sup>Refer to Weight Loss Algorithm. <sup>3</sup>Refer to Lipid Algorithm. <sup>4</sup>Refer to Hypertension Algorithm. See web site (<http://www.texasdiabetescouncil.org>) for latest version and disclaimer.

<sup>5</sup>Dietary Guidelines for Americans, 2005. Available online at <http://www.health.gov/dietaryguidelines/dga2005/document/html/chapter8.htm>. Accessed on April 21, 2006.

<sup>\*</sup>This test requires the use of a glucose load containing the equivalent of 75 g anhydrous glucose dissolved in water. 2-hr post-challenge glucose.