



Women's Diabetes & Weight Loss Checklist

- Eating plan - Carbohydrates
 - Appropriate Pattern (5-6 meals/snacks per day)
 - Carb counting
 - Quantity - appropriate amount of carbs at each meal/snack
 - Quality (high fiber, minimal processed starches and sugars)
 - Consistent Monitoring of Blood Sugars

- Eating Plan - Healthy habits established
 - Fiber (25+ gms/day)
 - Fruits & Veggies (5-8 servings/day)
 - Beneficial Fats - Monounsaturated, Omega-3s (monounsaturated fats used for cooking/baking; omega-3 supplement each day)
 - Detrimental Fats - Saturated & Trans-fats (minimized)
 - Calcium (3+ servings per day and/or supplements to total 1000 mg per day)
 - Vitamins / Minerals (1 multivitamin/day)
 - Fluids (64+ oz./day)
 - Minimal/Healthy Alcohol Consumption (no more than 1 drink/day)

- Healthy Pattern of eating
 - Appropriate Calorie level
 - Includes Breakfast
 - Meal plan created, if needed
 - Feels in control of food choices and eating habits
 - Content with food options and variety

- Lifestyle
 - Exercise (30 minutes cardiovascular exercise 5x/day)
 - Adequate Sleep (7+ hours/night)
 - Smoking Cessation, if needed
 - Stress Relief

- Weight Goals Achieved
- Health Goals Achieved