Type 2 Diabetes Food and Activity Plan

Your Patient: 50 year old male, type 2 Diabetic

Recommendations:
- Calories Allowed Per Day: 1500-1800
- No more than one half of the calories from carbohydrates
- 60 minutes of moderate to vigorous activity per day

Meal Plan

<table>
<thead>
<tr>
<th>Time</th>
<th>Meal</th>
<th>Breakfast</th>
<th>Lunch</th>
<th>Dinner</th>
<th>Snacks</th>
<th>Physical Activity</th>
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</tbody>
</table>

Total Calories

Total Minutes

Total Calories Burned

Total Calories In

Total Calories Burned