**Diabetic Protocol**

**ALWAYS give 8-Week Nursing and Diabetic Calculator Macros!!**

*The following are guidelines only. Coaches are not legally allowed to provide medical nutrition advice. When in doubt, please contact the Nutrition Coach for your facility and/or refer challengers to their primary care physician.*

**Diabetic guidelines**

There are two types of diabetics:

Type 1 (genetic): Does not produce insulin and will be on an insulin regimen (may use an insulin pump or insulin injections)

Type 2 (diet & lifestyle related): Insulin Resistant (most common); can progress to insulin dependence

When designing a meal plan for Type 1 and 2 diabetics, the goal is to keep blood sugar levels stable through portion control and by eating complex carbohydrates/starches every 3-4 hours. If a person eats more carbohydrates than they can handle at one time, their blood sugar goes up. If a person eats too little, their blood sugar may drop too low, which may require a form of glucose/glucagon.

What are complex carbs/starches: potatoes (sweet and white), squashes, beans and peas,

ancient grains (quinoa, amaranth, buckwheat, teff, millet, etc), old fashioned oats, steel cut

oats, brown rice, etc.

To calculate macros for diabetic challengers, enter the client’s information (name, weight, etc.) into the 8-Week Nursing and Diabetic Macro Calculator. When sending their macros, be sure to instruct diabetic challengers to:

1. Follow the non-workout day meal plan **every day**
2. Consume a complex carb/starch with **each meal** and not to just use fruit as their carbs
3. Eat every 3-4 hours
4. Carry a carb source (such as fruit - dried too – Rx or lara bars) in case their blood sugar drops too low

**Information to include when communicating macros to challengers with diabetes:**

Please follow your non-workout day macros every day regardless of whether you work out that day or not as this will keep your carbs consistent and help stabilize your blood sugar. Please also choose slower-digesting carbs like potatoes (sweet and white), squashes, beans and peas, ancient grains (quinoa, amaranth, buckwheat, teff, millet, etc), old fashioned oats, steel cut oats, brown rice, etc with EACH meal and not just consuming fruit solely as your carbs. Be sure to eat every 3-4 hours. We also recommend carrying a carb source with you at all times such as fruit (dried or fresh) or juice if you notice your blood sugar is dipping. If you have any questions, please ask.

**Changing Macros:**

Follow the normal protocol for the first two weeks you are adjusting their macros until you reach the “Steps”. Diabetics need to follow alternative steps.

\*\*ALWAYS CHECK THEIR FOOD LOG BEFORE CHANGING MACROS TO MAKE SURE THEY ARE FOLLOWING THE FOOD LIST AND CONSUMING ALL MACROS

\*\*ONLY CHANGE IF:

1. They have been 100% compliant with food (besides free meals)
2. They are not losing weight AND Inches (if losing one or the other do NOT change)

The Steps for Diabetics are as follows:

***Remember, each change builds on the next:***

\*\*If shaky, dizzy, light headed, etc. STOP and increase calories (carbs) immediately!

* **Step 1:** Take away 4g of fat from their totals for the day. Keep the fat split evenly amongst all meals.
* **Step 2:** Take away 8g total from their protein macros.
* **Step 3:** (Calorie Cycling 1:1) 1 Day-Macros normal followed by 1 Day-take away fat from one of their meals
* **Step 4:** (Calorie Cycling 1:2) 1 Day normal macros followed by 2 Days- take away fat from one of their meals
* **Step 5:** (Calorie Cycling 1:3) 1 Day normal macros followed by 3 Days- take away fat from one of their meals
* **Step 6:** (Calorie Cycling 1:4) 1 Day normal macros, followed by 4 Days- take away fat from one of their meals
* **Step 7:** (Calorie Cycling 1:5) 1 Day normal macros, followed by 5 Days-Take away fat from 1 of their meals.
* **Step 8:** (Calorie Cycling 1:6) 1 Day normal macros, followed by 6 Days-Take away fat from 1 of their meals.
* **Step 9:** (More Intense Calorie Cycling 1:1) 1 Day normal macros, followed by 1 day of taking away the fat from TWO of their meals.
* **Step 10:** (More Intense Calorie Cycling 1:2) 1 Day normal macros, followed by 2 days of taking away the fat from TWO of their meals.