**Diabetes Type II** **Case Nutritional Management**

**Diagnosis:** Recently diagnosed with Diabetes Type II

**Sex:** Male **Age:** 50 **Weight:** 80 kg **Height:** 175 cm. **PAL:** Sedentary **Medications:** None

* Find out the following:

1. Patient’s IBW using the simple IBW formula: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
2. Patient’s BMR using the Mifflin equation: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
3. Patient’s TER: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

* **Menu planning**:
* Plan a sample daily menu for the above patient to help him:

1. Lose ½ kg per week
2. Control his blood glucose level.
3. Approximately how long would it take him to reach his IBW based on your diet plan?