

Reduction in daily fat and calorie intake

This table outlines the fat and calorie goals used in the DPP. Resources like those in [Small Steps. Big Rewards. Your GAME PLAN to Prevent Type 2 Diabetes: Information for Patients](#) can help the patient translate these goals into changes in the foods they are already eating.

Recommended fat and calorie goals based on initial weight:

Initial Body Weight (pounds)	Daily Fat Goal (grams)	Daily Calorie Goal
120–174	33	1,200
175–219	42	1,500
220–249	50	1,800
250+	55	2,000

Tracking progress

- Encourage patients to record daily fat and calorie intake and physical activity using tools like NDEP's [Food and Activity Tracker](#) or [mobile apps](#) like those in NDEP's [Diabetes HealthSense](#).
- To increase patients' accountability to reach their weight goal, ask patients to weigh in at home once daily or weekly and to record these weights in a diary or log.
- Arrange a short-term follow-up visit to review the food, activity, and weight logs and discuss whether the plan should change. Scheduling another visit creates a deadline for action. This can motivate patients to stick with the plan.



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