

CONSISTENT CARBOHYDRATE DIET

Fletcher Allen Health Care is dedicated to supporting you in managing your diabetes. In an effort to do so, we provide people with diabetes a consistent carbohydrate meal plan.

WHAT DOES THIS MEAN FOR YOU?

This means **(1)** you will receive approximately the same amount of carbohydrates (sugar and starches) each day and **(2)** the amount of carbohydrates you get at each meal stays the same from day to day.

For example, the amount of carbohydrates you get at lunch today will be the same amount you get at lunch tomorrow. For most individuals in the hospital, nutritional needs can be met by choosing 45-75 grams of carbohydrates at each meal:

For women: 45-60 grams of carbohydrates at each meal

For men: 60-75 grams of carbohydrates at each meal

If you know how many grams of carbohydrates you eat at each meal (at home), let your Nutrition Care Representative or Diet Tech know so we can accommodate your needs.

WHAT ARE CARBOHYDRATES AND CARBOHYDRATE SERVINGS?

Carbohydrates (carbs) are foods that contain sugar and/or starch. The portion size is referred to as a carb choice. 15 grams of carbohydrates are equal to one carb choice.

Foods that have carbohydrates are as follows:

- Fruits and fruit juices: 1 small fruit, 1/2 cup juice
- Starchy vegetables (peas, corn, potato, squash): 1/2 cup
- Breads, pasta, rice: 1 slice bread, 1/2 cup pasta or rice
- Cereal: 3/4 cup cold, 1/2 cup cooked
- Milk: 1 cup
- Sweets: small cookie, 1 tablespoon maple syrup

The carbohydrate content of menu items is listed on this handout to help you make your selections for your meals. Foods with less than 5 grams of carbohydrates are not listed.

WHY IS THIS IMPORTANT?

Studies have shown that the total amount of carbohydrates in your meal is more important than the type of carbohydrate. Therefore, you might see sweets and other foods on the menu which used to be forbidden for people with diabetes. *So sugar is not forbidden. However, eating foods with sugar will limit how many other carbs you can eat because it contains a lot of carbohydrates.*

GENERAL GUIDELINES FOR CHOOSING YOUR MEAL

Choosing foods

Use the menu guide to determine the amount of carbs to eat at each meal. Remember 45-60 grams of carbs for women and 60-75 grams of carbs for men are the recommended guidelines.

Choose whole grains, vegetables, and fruit as your main sources of carbohydrates.

Choose sugar and sweets wisely, many have little nutritional value but are high in carbohydrates.

Round out your meal with lean meats and low-fat dairy products.

Timing

Eat meals at regular intervals, approximately every 4-5 hours.

When you go home

You may find that as you feel better your nutritional needs may change. Talk to a registered dietitian at your local hospital about adjusting your meal plan.

Items on the menu not listed here contain less than 5 grams carbohydrates per serving

carbohydrate contents - Values may change due to product availability

CEREAL

Oatmeal	13
Cream of Wheat	13
Cheerios	14
Low Fat Granola	52
Honey Nut Cheerios	22
Total Raisin Bran	25
Frosted Mini Wheats	30
Corn Flakes	16

YOGURT

Greek Plain	7
Greek Vanilla	18
Greek Peach	20
Light Blueberry	16
Light Raspberry	16
Organic Blueberry	21
Organic Strawberry	21

BREAKFAST ENTREES

Pancakes	34
Pumpkin French Toast (2 slices)	44
Maple Syrup	38

BREAKFAST BAKERY

Whole Wheat Toast (2 slices)	30
White Toast (2 slices)	34
Whole Wheat English Muffin	26
Banana Bread	35
Muffin of the Day*	
Plain Bagel	36
Cinnamon Raisin Bagel	36

*Ask server about Carb Content

BREADS/CRACKERS

Whole Wheat Dinner Roll	28
Whole Wheat Bread (1 slice)	15
White Bread (1 slice)	17
Oyster Crackers	11

SOUP/STARTERS

Cream of Tomato	15
Vegetarian Lentil	7
Soup of the Day*	
Cheddar Cheese Plate	15

*Ask server about Carb Content of the daily soup selection

VEGETABLES

Vegetable of the Day*	
Carrots	8

*Ask server about Carb Content of the daily vegetable selection

grams

SIDE SALADS

Spinach Salad	8
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ON THE SIDE

Fresh Mashed Potatoes	18
Baked Potato	36
Hearty Grains/Mushrooms	14
Steamed Rice	22

CHEF'S FAVORITES

Risotto with Shrimp & Scallops	36
Mushroom Ravioli with Grape Tomatoes	40
Roasted Vegetable Enchilada	52
Cheese Tortellini Primavera	39
Cheese Tortellini with Marinara or Meat Sauce	44
Vegetable Stir-fry over Rice	37
Penne Pasta	41
Alfredo Sauce	4
Meat Sauce	6
Vegetable Primavera	5
Spaghetti	37
Risotto with Cheese	39

CHOICES FROM THE CHAR BROILER

Turkey Burger	39
Vegetarian Black Bean Burger	51

DELI SIGNATURE

Chef Salad	11
Caesar Salad	13
Cottage Cheese & Fruit Platter served with Banana Bread	62

Create-Your-Own Sandwich*

	WHOLE	HALF
Peanut Butter & Jelly	53	27
Hummus	48	24

*Create-Your-Own Sandwiches' include carbs provided by bread in the carb count list

Bread

	WHOLE	HALF
Whole Wheat	30	15
White	34	17
Cracked Wheat Bulky Roll	27	

grams

SOMETHING CRUNCHY

Pretzels	23
Baked Potato Chips	26
Sun Chips	27
Fig Newtons	39
Rice Krispie Treats	28

SWEET TEMPTATIONS

pudding	
Butterscotch	21
Vanilla	20
Chocolate	21
Tapioca	20

Custard

Traditional	25
Pumpkin	34
Low Fat	9

Gelatins

Orange	15
Strawberry	24

Cakes

Carrot Cake	27
Yellow Cake	29

Baked Goods

Seasonal Fruit Crisp	43
Seasonal Fruit Cobbler	43

Cookies

Oatmeal Raisin	41
Chocolate Chip	30
Maple Walnut	24
Cream Cheese Brownie	27

FRESH & PREPARED FRUITS

Apple	21
Orange	15
Banana	26
Grapes	12
Mixed Fruit Cup	16
Canned Pears	8
Canned Peaches	13
Applesauce	14
Mandarin Oranges	14
Stewed Prunes	24

BEVERAGES

Juice	grams	Milk	grams	Hot Chocolate	grams
Orange	13	Skim	13	Regular	20
Apple	14	1% Low Fat	13	No Sugar Added	10
Cranberry	18	Whole	11		
Prune	22	Chocolate	27		
Pineapple	26	2% Lactaid	13		
		Plain Soy Milk	8		
		Vanilla Soy Milk	17		