

The purpose of this employee-training folder is to prepare the employee for the use of Consistent Carbohydrate Meal Planning for patient meal service. The folder may also be used as an ongoing reference and resource folder.

**Instructions for using the training folder:**

1. Find the pre test in the front pocket of this folder.
2. Place your name and the date on the pre-test and fill it out.
3. Review the training folder.
4. Find the post test in the back pocket of this folder.
5. Place your name and date on the posttest and fill it out.
6. Find the Training course assessment form in a separate folder.
7. Give all forms to your unit supervisor who will then provide you with your consistent carbohydrate reference card.

*Filling out the course assessment form is your chance to make suggestions that will improve this training method. Filling this out will help us make improvements in the future. Thanks for your participation!*



Name \_\_\_\_\_

Date: \_\_\_\_\_

# Find Pretest in front folder!

1. Which of the following food choices would cause a greater increase in blood glucose?
  - a. 15 grams of carbohydrates from sugar
  - b. 15 grams of carbohydrates from starch
  - c. Neither, both would raise blood glucose similarly
2. One carbohydrate serving contains \_\_\_\_\_ grams of carbohydrates.
  - a. 10
  - b. 15
  - c. 30
3. We can substitute 1 starch serving for either 1 fruit serving or 1 milk serving because they each contain an equivalent amount of carbohydrates.
  - a. True
  - b. False
4. Circle the foods that would count as carbohydrates in the meals below:

**Meal 1**

Country-Style Steak  
Beets  
Whipped Potatoes  
Sugar-Free Gelatin  
Chocolate Milk

**Meal 2**

Vegetable Lasagna  
Broccoli  
Apple Juice  
Canned Beans  
Pie

**Meal 3**

BQ Beef on Bun  
Peas  
Escalloped Potatoes  
Fruit Cocktail  
Skim Milk

5. If 1 slice of bread is not eaten, should you offer the patient which one of the following:
  - a. ½ cup gelatin
  - b. ½ cup beans
  - c. ½ cup fruit juice
6. If the physician orders an 1800 ADA diet, the “new diet” that should be ordered is a \_\_\_\_\_ consistent carbohydrate diet.
  - a. low-calorie
  - b. medium-calorie
  - c. high-calorie
  - d. very-high calorie
7. A food with added sugar (cake) may be substituted for a starch, fruit, or milk containing an equal amount of carbohydrates.
  - a. True
  - b. False
8. A small slice of apple pie contains approximately 40 grams of carbohydrate. How many servings of carbohydrate can be substituted for this slice of pie?
  - a. One
  - b. Two
  - c. Three
  - d. Four

9. Mr. Jones is on a medium-calorie consistent carbohydrate diet. He is allowed five servings of carbohydrate for lunch. Using Mr. Jones' selections from the attached menu, what foods would he have to "give up" if he wanted the slice of pie in the question above? (Circle as many answers that apply).
- Tossed Salad
  - Beef Stew
  - Broccoli
  - Dinner Roll
  - Margarine
  - 8 oz. Of 2% Milk
  - Saltine Crackers (6 ea.)

Wednesday's

\_\_Medium\_\_ Consistent Carb Menu

\_\_5\_\_ Carbohydrate Choices \_\_3\_\_ Meat Choices \_\_1\_\_ Fat Choices

**TO BEGIN YOUR LUNCHEON**

- Diet Gelatin Jewels
- Tossed Salad
- Beef Stew (1 CHO) (1 MEAT)
- 2 oz. Fat Brownie (FREE FOOD)
- Relish
- Vinaigrette
- 1 CHO
- 1 MEAT
- 1 CHO
- 1 MEAT



**TO COMPLEMENT YOUR MEAL**

- Yellow Squash (FF), 1/2 cup
- Broccoli (FF) 1/2 cup

**BREADS, STARCHY VEGGIES & CRACKERS**

*Each Selection = 1 CHO Unless Otherwise Noted*

- White Bread, 1 slice
- Wheat Bread, 1 slice
- Dinner Roll
- Saltine Crackers, 6 each
- Sweet Potatoes, FF, 1/2 cup
- Diet Pudding, 1/2 cup
- Angel Food Cake, 1oz. Slice

**FATS**

- Corn Oil Margarine, 1 tsp. (1 FAT)

**A FINISHING TOUCH**

*Each Selection = 1 CHO Unless Otherwise Noted*

- Diet Fruited Gelatin, 3/4 cup (FREE FOOD)
- Chunky Mixed Fruit, 1/2 cup
- Fresh Fruit

**BEVERAGES**

- 2% Milk - 8oz. (1 CHO) 4oz. (1/2 CHO)
- 1% Milk - 8oz. (1CHO) 4oz. (1/2 CHO)
- Skim Milk - 8oz. (1CHO) 4oz. (1/2 CHO)

- Coffee
- Decaffeinated Coffee
- Iced Tea
- Hot Tea
- Decaffeinated Hot Tea
- Decaffeinated Iced Tea

**CONDIMENTS (FREE FOOD)**

- Sugar Substitute
- Diet Jelly
- Lemon Juice
- Ketchup (1)
- Mustard
- Diet Italian Dressing

Diet French Dressing

Thank you for completing the pretest. Please review the training material.

The purpose of this employee-training folder is to prepare the employee for the use of Consistent Carbohydrate Meal Planning for patient meal service. The folder may also be used as an ongoing reference and resource folder.

Learning Objectives:

1. Employees will be able to identify the purpose and benefits of consistent carbohydrate meal planning for patient meal service.
2. Employees will be able to describe consistent carbohydrate meal planning for patient meal service.
3. Employees will be able to identify foods containing carbohydrate.
4. Employees will understand the role of sugar in diabetes meal planning.
5. Employees will be able to identify a serving size of carbohydrate containing food.
6. Employees will be able to identify the new diet names used for consistent carbohydrate patient meals.
7. Employees will be able to give examples of the use of consistent carbohydrate meal planning using actual patient menus.

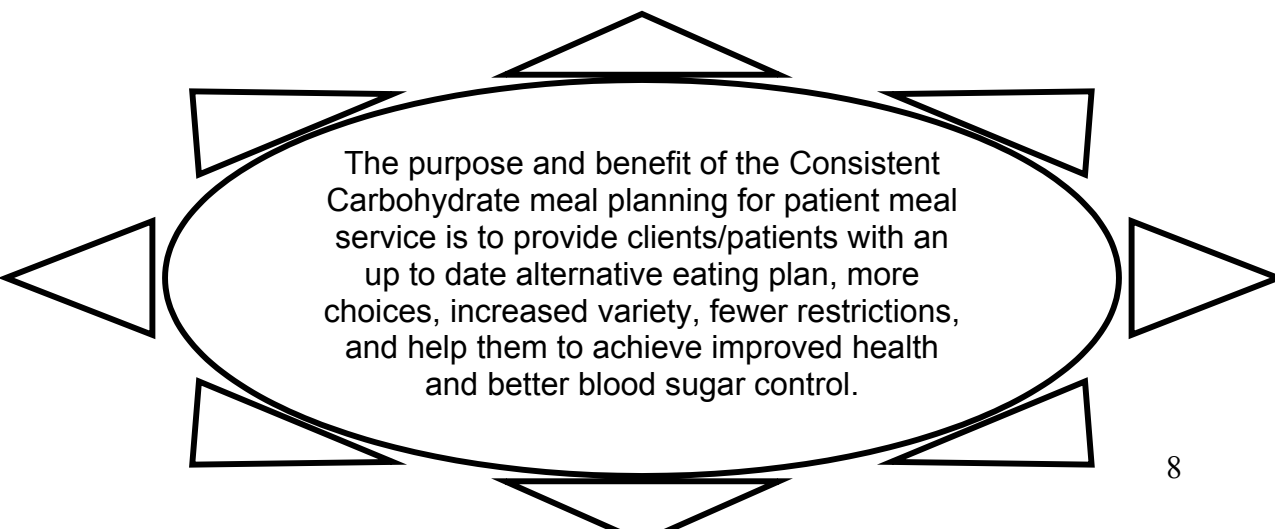
Employees will be able to identify the purpose and benefit of consistent carbohydrate meal planning for patient meal service.

### **What's the Evidence?**

- ◆ Since 1994, the American Diabetes Association reported importance in: **Amount** and **consistency** versus source of carbohydrate
- ◆ A carbohydrate = a carbohydrate = a carbohydrate
- ◆ Similar amounts of Carbohydrate = raise blood sugar to similar levels.
- ◆ Published studies report: No adverse effect when sucrose was substituted for another carbohydrate
- ◆ An “ADA” diet is no longer being used.  
American Diabetes Association does not and has not endorsed any single meal plan for many years.
- ◆ Diet orders “no concentrated sweets” or “no added sugar” not appropriate

### **Consistent Carbohydrate Meal Planning:**

- ◆ It is an alternative-eating plan for those with DIABETES, which promotes eating about the same amount of carbohydrate for each meal and snack.
  - Usually 2 to 4 servings at meals and 1 to 2 servings at snack time.
- ◆ Carbohydrate is the macronutrient with the greatest impact on postprandial blood sugar! (Makes it go up the most.)
- ◆ It is easier for some clients/patients to learn than the Exchanges, the Point System or food guide pyramid.
- ◆ It offers more variety in choices.
- ◆ It provides a more accurate guess of how blood sugar will rise after a meal or snack.
- ◆ Carbohydrate information on food labels makes meal planning easier.
- ◆ An occasional high sugar food can be swapped (even though it may contain fewer nutrients) for other carbohydrate-containing foods.
- ◆ Bottom line for our client/patient is better blood sugar outcomes, empowerment and self-management of diabetes.



The purpose and benefit of the Consistent Carbohydrate meal planning for patient meal service is to provide clients/patients with an up to date alternative eating plan, more choices, increased variety, fewer restrictions, and help them to achieve improved health and better blood sugar control.

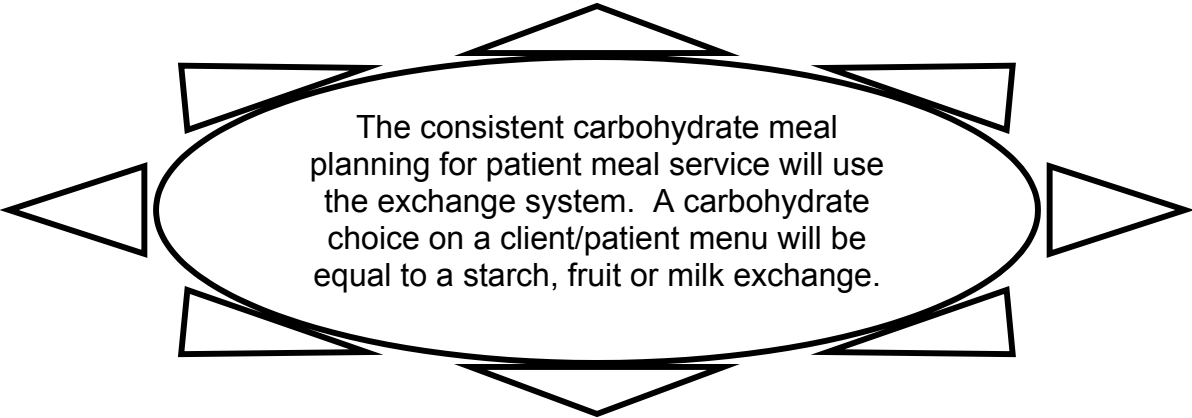
Employees will be able to describe consistent carbohydrate meal planning for patient meal service.

#### **How does this work? How Do I Know How Much?**

- ◆ Use the exchange list serving sizes.
- ◆ 1 CHO (Carb) choice = 15 grams of carbohydrates =
  - 1 starch
  - 1 fruit
  - 1 milk exchange
- ◆ Patient menus will *not actually change in content*, but will be labeled differently to identify foods that contain carbohydrates.
- ◆ Client/Patients will be able to choose a certain amount of starch, fruit or milk servings from their menu at each meal (based on their calorie level).
- ◆ The vegetable exchanges are free as long as only 1 - 2 servings are included at a meal. Generally, the portions of vegetables served in health care institutions are small, therefore, they would be free.

#### **What About Protein and Fat?**

- ◆ Are essential to include in a healthy diet.
- ◆ Protein does not affect blood glucose as much as a CHO does however, still important to eat approximately the same amount every day
- ◆ Too much fat and cholesterol = increased blood lipids = increased risk for heart disease
- ◆ Too much protein and fat = too many calories = weight gain



The consistent carbohydrate meal planning for patient meal service will use the exchange system. A carbohydrate choice on a client/patient menu will be equal to a starch, fruit or milk exchange.

This is the end of the sample pages. For more information or to discuss the subject further please contact Cynthia at [orders@sinutrition.com](mailto:orders@sinutrition.com)

Thanks  
Cynthia

Note from the author: pre test post test and evaluation are found in a separate file. Make copies and place them in the front and back pocket of a 1 ½ to 2-inch folder. Evaluations can be placed in a trapper style folder at the end to keep them separate (or use a plain folder and 3 hole punch it).