

Your logo here

Date: *insert date here*

To: Medical Staff

From: Nutritional Services, Cynthia York-Camden MS, RD, LD

RE: Consistent Carbohydrate Meal Planning for patient meal service

Beginning *insert date here*, Food and Nutrition Services will begin A Consistent Carbohydrate Meal plan for inpatients with diabetes.

Consistent Carbohydrate Meal planning emphasizes variety, flexibility and is more accepted by our clients/patients. Since 1994 the American Diabetes Association has recommended the use of consistent carbohydrate meal planning to improve diabetes management. The focus in diabetes meal planning has shifted to emphasize the total amount of carbohydrate in the meal rather than the source.

What does this mean for you?

The term “ADA” will no longer be used. The new diets can be ordered by their new name or by their abbreviation listed below and on your new pocket card attached.

Old name	New Name	Abbreviation
1200 – 1500 Calorie ADA	Low Calorie Consistent Carbohydrate	LCC CHO With/without snacks
1600 – 2000 Calorie ADA	Medium Calorie Consistent Carbohydrate	MCC CHO With/without snacks
2100 – 2500 Calorie ADA	High Calorie Consistent Carbohydrate	HCC CHO
2600 – 3000 Calorie ADA	Very High Calorie Consistent Carbohydrate	VHC CHO
2000 – 2300 Calorie ADA	Consistent Carbohydrate for Pregnancy	PGC CHO

Food and Nutrition Service is dedicated to providing our clients/patients with the best and most up-to-date diabetes nutrition care. We have attached a copy of the slide presentation that was planned for the last medical staff meeting. We hope that you find it helpful.

Please contact the Registered Dietitians office at *insert extension here* if you have further questions about consistent carbohydrate meal planning.