

2600-3000 Calorie ADA	Very High Calorie Consistent Carbohydrate	VHC CHO	2600-3000 Calorie ADA	Very High Calorie Consistent Carbohydrate	VHC CHO
2000-2300 Calorie ADA	Consistent Carbohydrate For Pregnancy	PGC CHO	2000-2300 Calorie ADA	Consistent Carbohydrate For Pregnancy	PGC CHO

Carbohydrate Serving:

15 grams CHO = 1 bread = 1 fruit = 1 milk serving

- ✓ A regular (not sugar-free) *clear or full liquid* diet provides CHO consistency. Clear and full liquid diets should receive approximately 200 grams of CHO per day that is evenly distributed throughout meals and snacks.
- ✓ **All LCC and MCC diet orders need to specify with or without snacks.**
- ✓ **HCC , VHCC and PGC CHO diet orders include snacks.**
- ✓ The focus has shifted to emphasize the total amount of CHO in the meal rather than the source of the CHO.
- ✓ A Consistent CHO meal plan provides a consistent amount of CHO at meals and snacks; while maintaining total fat to <30% of total calories

Carbohydrate Serving:

15 grams CHO = 1 bread = 1 fruit = 1 milk serving

- ✓ A regular (not sugar-free) *clear or full liquid* diet provides CHO consistency. Clear and full liquid diets should receive approximately 200 grams of CHO per day that is evenly distributed throughout meals and snacks.
- ✓ **All LCC and MCC diet orders need to specify with or without snacks.**
- ✓ **HCC , VHCC and PGC CHO diet orders include snacks.**
- ✓ The focus has shifted to emphasize the total amount of CHO in the meal rather than the source of the CHO.
- ✓ A Consistent CHO meal plan provides a consistent amount of CHO at meals and snacks; while maintaining total fat to <30% of total calories

Carbohydrate Serving:

15 grams CHO = 1 bread = 1 fruit = 1 milk serving

- ✓ A regular (not sugar-free) *clear or full liquid* diet provides CHO consistency. Clear and full liquid diets should receive approximately 200 grams of CHO per day that is evenly distributed throughout meals and snacks.
- ✓ **All LCC and MCC diet orders need to specify with or without snacks.**
- ✓ **HCC , VHCC and PGC CHO diet orders include snacks.**
- ✓ The focus has shifted to emphasize the total amount of CHO in the meal rather than the source of the CHO.
- ✓ A Consistent CHO meal plan provides a consistent amount of CHO at meals and snacks; while maintaining total fat to <30% of total calories

Carbohydrate Serving:

15 grams CHO = 1 bread = 1 fruit = 1 milk serving

- ✓ A regular (not sugar-free) *clear or full liquid* diet provides CHO consistency. Clear and full liquid diets should receive approximately 200 grams of CHO per day that is evenly distributed throughout meals and snacks.

Carbohydrate Serving:

15 grams CHO = 1 bread = 1 fruit = 1 milk serving

- ✓ A regular (not sugar-free) *clear or full liquid* diet provides CHO consistency. Clear and full liquid diets should receive approximately 200 grams of CHO per day that is evenly distributed throughout meals and snacks.
- ✓ **All LCC and MCC diet orders need to specify with or without snacks.**
- ✓ **HCC , VHCC and PGC CHO diet orders include snacks.**
- ✓ The focus has shifted to emphasize the total amount of CHO in the meal rather than the source of the CHO.
- ✓ A Consistent CHO meal plan provides a consistent amount of CHO at meals and snacks; while maintaining total fat to <30% of total calories

Carbohydrate Serving:

15 grams CHO = 1 bread = 1 fruit = 1 milk serving

- ✓ A regular (not sugar-free) *clear or full liquid* diet provides CHO consistency. Clear and full liquid diets should receive approximately 200 grams of CHO per day that is evenly distributed throughout meals and snacks.
- ✓ **All LCC and MCC diet orders need to specify with or without snacks.**
- ✓ **HCC , VHCC and PGC CHO diet orders include snacks.**
- ✓ The focus has shifted to emphasize the total amount of CHO in the meal rather than the source of the CHO.
- ✓ A Consistent CHO meal plan provides a consistent amount of CHO at meals and snacks; while maintaining total fat to <30% of total calories

Carbohydrate Serving:

15 grams CHO = 1 bread = 1 fruit = 1 milk serving

- ✓ A regular (not sugar-free) *clear or full liquid* diet provides CHO consistency. Clear and full liquid diets should receive approximately 200 grams of CHO per day that is evenly distributed throughout meals and snacks.
- ✓ **All LCC and MCC diet orders need to specify with or without snacks.**
- ✓ **HCC , VHCC and PGC CHO diet orders include snacks.**
- ✓ The focus has shifted to emphasize the total amount of CHO in the meal rather than the source of the CHO.
- ✓ A Consistent CHO meal plan provides a consistent amount of CHO at meals and snacks; while maintaining total fat to <30% of total calories

Carbohydrate Serving:

15 grams CHO = 1 bread = 1 fruit = 1 milk serving

- ✓ A regular (not sugar-free) *clear or full liquid* diet provides CHO consistency. Clear and full liquid diets should receive approximately 200 grams of CHO per day that is evenly distributed throughout meals and snacks.

- ✓ **All LCC and MCC diet orders need to specify with or without snacks.**
- ✓ **HCC , VHCC and PGC CHO diet orders include snacks.**
- ✓ The focus has shifted to emphasize the total amount of CHO in the meal rather than the source of the CHO.
- ✓ A Consistent CHO meal plan provides a consistent amount of CHO at meals and snacks; while maintaining total fat to <30% of total calories

- ✓ **All LCC and MCC diet orders need to specify with or without snacks.**
- ✓ **HCC , VHCC and PGC CHO diet orders include snacks.**
- ✓ The focus has shifted to emphasize the total amount of CHO in the meal rather than the source of the CHO.
- ✓ A Consistent CHO meal plan provides a consistent amount of CHO at meals and snacks; while maintaining total fat to <30% of total calories