

KILOCALORIE CONTROLLED DIET

DIABETIC DIETS

PURPOSE: To achieve and maintain ideal body weight and normal glucose levels in order to minimize complications from the disease.

DIET PRINCIPLES:

1. The diet is restricted in sugar and other concentrated sweets such as honey, jelly, cakes, pies, chewing gum, etc.
2. Food should be measured using standard measuring cups and spoons or weighed on a small kitchen scale until amounts can be accurately estimated. Food should be measured after it is cooked unless it is to be eaten raw.
3. If meats are fried, use only the fat exchange included at that meal.
4. The diet prescription should be followed exactly at each meal. Eating between meals is limited to planned feedings or to items on the free food list. A bedtime (HS) feeding is routinely provided.
5. Meals are served at approximately the same time each day. This is particularly important when patients are receiving insulin or other medications for diabetes.
6. Foods should be given to the patient by friends or relatives without checking with the person in charge of the dietary plan so the food item can be incorporated into the meal plan.
7. Trays should be checked after each meal. Leftover food could mean an insulin reaction before the next meal.

NOTE: See Procedures for Calculating Kilocalorie Controlled Diets (Appendix R), Dietary Strategies for Two Classifications of Diabetes (Appendix S), and Types of Insulin (Appendix T).

ADEQUACY:

Based on the individual's food choice, the diet will provide nutrients to meet the Recommended Dietary Allowances of the Food and Nutrition Board, National Academy of Sciences (1980). Diets containing 1000 calories or less are likely to be inadequate in minerals and vitamins, and supplementation is advisable.

Due to the lack of complete nutrient analysis information on foods, the diet analysis of the sample menu shows folic acid and vitamin E to be inadequate in all sample menus; iron is inadequate in sample menus of 1800 kilocalories and below; and magnesium in the sample menus of 1500 Kilocalories and below.

MEAL PLAN

Diabetic diets are ordered by the physician for eat patient. The order usually states the caloric level and/or the daily total grams of carbohydrate, protein and fat. To assure acceptability and adherence to a diabetic diet, every person with diabetes needs an individually planned diet that is adapted to his life style.

Suggested meal plans have been included in this manual to be used only in the event a dietitian is not available to calculate an individual diet plan upon admission of the patient to the facility.

The meal plans are calculated to provide 50% of the calories from carbohydrate, 20% from protein and 30% from fat. Diet composition is according to current guidelines established by the Committee of Food and Nutrition of the American Diabetes Association. The carbohydrates, protein, and fat are distributed into three meals in the following proportions: 3/10, 3/10, 3/10, and 1/10.

Pediatric meal plans are not included. Pediatric and adolescent diets must always be calculated individually upon receiving the physician's orders.

1200 – KILOCALORIE DIET

Carbohydrate – 149 gms Protein – 65 gms Fat – 40 gms

Total Food for the Day

Milk, non-fat, 2 cups	List 1
Vegetables, 2 exchanges	List 2
Fruit, 4 exchanges	List 3
Bread, 5 exchanges	List 4
Meat, lean, 5 exchanges	List 5
Fat, 5 exchanges	List 6

Suggested Meal Plan and Sample Menu

Breakfast:

Fruit	1 exchange	List 3
Meat, lean	1 exchange	List 5
Bread	1 exchange	List 4
Fat	2 exchanges	List 6

Milk, non-fat	1 exchange	List 1
Beverage	Free food	
Condiments	Free food	

Dinner:

Meat, lean	2 exchange	List 5
Vegetable	1 exchange	List 2
Bread	2 exchanges	List 4

Fat	1 exchange	List 6
Fruit	1 exchange	List 3
Beverage	Free food	
Condiments	Free food	

Supper:

Meat, lean	2 exchanges	List 5
Vegetable	1 exchange	List 2
Bread	2 exchanges	List 4

Fat	2 exchanges	List 6
Fruit	1 exchange	List 3
Beverage	Free food	
Condiments	Free food	

Bedtime:

Milk, non-fat	1 exchange	List 1
Fruit	1 exchange	List 3

Breakfast:

½ c unsweetened orange juice
 1 boiled egg
 1 slice whole wheat toast
 ½ tsp margarine
 1 strip bacon
 1 c non-fat milk
 Coffee
 Sugar substitute
 1 pkt salt, 1 pkt pepper

Dinner:

2 oz lean roast beef
 ½ c cooked carrots
 ½ c rice
 1 slice bread
 1 tsp margarine
 1 small apple
 1 glass unsweetened tea
 Sugar substitute,
 1 pkt salt, 1 pkt pepper

Supper:

2 oz baked chicken, no skin
 ½ c collard greens
 ½ c mashed potatoes
 1 square cornbread
 1 tsp margarine
 ½ c unsweetened fruit cocktail
 1 c coffee
 Sugar substitute, 1 pkt salt
 1 pkt pepper

Bedtime:

1 c non-fat milk
 ½ small banana

1800 – KILOCALORIE DIET

Carbohydrate – 219 gms Protein – 98 gms Fat – 59 gms

Total Food for the Day

Milk, non-fat, 2 cups	List 1
Vegetables, 4 exchanges	List 2
Fruit, 4 exchanges	List 3
Bread, 9 exchanges	List 4
Meat, lean, 8 exchanges	List 5
Fat, 7 exchanges	List 6

Suggested Meal Plan and Sample Menu

Breakfast:

Fruit	2 exchange	List 3
Meat, lean	2 exchange	List 5
Bread	2 exchange	List 4
Fat	2 exchanges	List 6
Milk, non-fat	1 exchange	List 1
Beverage	Free food	
Condiments	Free food	

Breakfast:

1 c unsweetened orange juice
 2 boiled egg
 1 slice whole wheat bread
 ½ c grits
 1 tsp margarine
 1 c non-fat milk
 Coffee
 Sugar substitute
 1 pkt salt, 1 pkt pepper

Dinner:

Meat, lean	3 exchange	List 5
Vegetable	2 exchange	List 2
Bread	3 exchanges	List 4
Fat	2 exchange	List 6
Fruit	1 exchange	List 3
Beverage	Free food	
Condiments	Free food	

Dinner:

3 oz lean roast beef
 ½ c carrots
 ½ c tossed salad/zero dressing
 1 c steamed rice
 1 biscuit
 1 tsp margarine
 1 small apple
 Unsweetened tea
 Sugar substitute,
 1 pkt salt, 1 pkt pepper

Supper:

Meat, lean	3 exchanges	List 5
Vegetable	2 exchange	List 2
Bread	3 exchanges	List 4
Fat	3 exchanges	List 6
Fruit	1 exchange	List 3
Beverage	Free food	
Condiments	Free food	

Supper:

3 oz baked chicken, no skin
 1 c collard greens w/ 1 tsp salted fat
 ½ c mashed potatoes
 2 square cornbread
 (used in greens and cornbread)
 ½ c unsweetened fruit cocktail
 Coffee
 Sugar substitute, 1 pkt salt
 1 pkt pepper

Bedtime:

Milk, non-fat	1 exchange	List 1
Bread	1 exchange	List 4
Condiments	Free food	

Bedtime:

1 c non-fat milk
 ¾ c dry cereal
 Sugar substitute