

Consistent Carbohydrate Diet

Diet prescribed by your provider

Overview / Why:

Recommended for individuals diagnosed with diabetes, prediabetes, or some level of insulin or blood sugar imbalance

Foods with carbohydrates cause blood glucose levels to rise, this diet controls the amount (portion) and type of carbohydrate, with the goal to help manage blood sugar

Consistent = the same amount for meals.
Menu is designed to provide 4-5 carbohydrate servings per meal

1 carb. serving = 15 grams of carb

Reference "Carbohydrate Counting for People with Diabetes" to see portions of carbohydrate that equal 1 carbohydrate serving

Food / Beverages Limited:

Sources of Controlled Carbohydrate:

Grains (breads, crackers, rice, pasta, and cereals)

Starchy Vegetables (potatoes, corn, and peas)

Beans and legumes

Milk, soy milk, yogurt

Fruit (and fruit juice)

Sweets (cakes, cookies, ice cream)

- ☐ No foods are excluded from the meal plan
- ☐ Sugar-sweetened items are allowed, such as regular desserts, the portion sizes can be modified to meet carbohydrate goals
- ☐ Sugar substitutes and items made with them can be used to reduce total carbohydrate intake if substituted for regular items

Example – Breakfast Meal

Carbohydrates:

1 slice wheat toast
½ cup fruit
1 single serve cereal
8 oz milk

Protein/Fat:

egg
bacon
coffee

Menu References

Menu Offerings:

Sugar Substitute

Sugar Free syrup/jelly

½ Portion Apple Crisp (or other)

Instead of:

Regular Sugar

Regular

Full Portion

Questions?

Ask your Ambassador for more information on the menu selections specific to your Therapeutic Diet Order, Food Allergens, Specific food preferences or Ethnic and Religious preferences.

