

Consistent Carbohydrate Diet for Diabetes Mellitus



During Your Hospital Stay

- ❖ Your diet order is: **Diabetes Diet – Consistent Carbohydrate.**
- ❖ Your menus are planned so every breakfast has the same amount of carb, every lunch has the same amount of carb and every supper has the same amount of carb. This is what is meant by the term “consistent carbohydrate.”
- ❖ Eating the same amount of carbohydrate at your meal everyday can help you have a stable blood sugar and is more important than not eating some types of carbohydrate, like sugar.
- ❖ Your daily menus include 3 meals – without snacks or “extra foods.” Snacks can increase your blood sugar.
- ❖ You can have diet soft drinks, as well as extra sugar substitute, 1-2 small packages of catsup, salsa, lemon juice and water. These foods have little or no carbohydrate.
- ❖ If you don’t like certain foods or want to change your menus, ask your nurse to contact the Diet Technician on your unit.



Your Home Nutrition Guidelines

- ❖ Plan your meals so your carbs at breakfast are the same everyday, your carbs at lunch are the same everyday and your supper carbs are the same everyday. For example, you might have 3 carb servings (or 45 grams) at breakfast, 2 carb servings (or 30 grams) at lunch, at 4 carb servings (60 grams) at supper everyday.
- ❖ Ask you doctor if it is OK for you to increase your physical activity. Walking is a good way to get more activity, even in short amounts – for example, three 10-minute walks a day.
- ❖ Ask your doctor to refer you to a Registered Dietitian (RD) for a more in-depth nutrition plan.

