

## Consistent Carbohydrate Diet for Diabetes Mellitus



### Diabetes Treatment & Diet

- Blood glucose (BG) control is the foundation of treatment for diabetes mellitus. High BG increases the risk of infections during illness, slows healing, and can lead to long-term complications.
- Blood glucose levels are often elevated during illness and after injury because of stress. Many patients with diabetes come to the hospital with high BG levels, or their BG levels become elevated during hospitalization. Certain medications and decreased physical activity during hospital stay contribute to elevated BG levels.
- The American Diabetes Association recommends that a **consistent carbohydrate (CHO)** diet be provided to patients with diabetes during hospitalization. The Consistent CHO diet doesn't have a specific calorie level. Instead, it provides a specific amount of CHO.
- "Calorie level diabetic diets" are no longer recommended for patients during hospitalization. VUH is phasing out "calorie level diabetic diets."
- The diet order for patients with diabetes in VUH (except on 4 East) is "**Diabetic Diet– Consistent CHO.**"
- On 4 East, a slightly different version of the diet is provided. This diet is known as "the OB Diabetic Diet."



### Diabetic Diet Basics:

- The "standard" Consistent CHO Diabetic Diet provides a total of **185 grams of CHO each day**.
- The total amount of CHO is limited, since eating extra CHOs, even healthy carbs, can increase BG levels.
- This amount of CHO is distributed throughout the day into **3 meals**. Snacks are no longer a standard part of the Consistent CHO Diabetic Diet. They are "extra food" that can elevate BG even more.
- CHO distribution is the same each day. For the "standard" Consistent CHO Diabetic Diet:
  - Every breakfast has the same amount of CHO **~65 grams**.
  - Every lunch has **~60 grams**.
  - Every dinner **~60 grams**.
- The CHO and meal plans for patients who need more or less food will be adjusted. Changes made in amount of carbs provided will be documented in the patient's record.
- Consistency in CHO intake is more important than limiting types of CHO eaten, such as sugars and sweets. Our patient menu provides CHOs that are nutrient rich – starches, milk, and fruits and fruit juice.

QUESTIONS? Page your unit Dietetic Technician @ \_\_\_\_\_

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- Please don't request snacks or extra foods for a patient on any type of diabetic diet. If a patient asks for them, explain that these extra foods can increase BG levels or page the Diet Technician to talk with the patient.

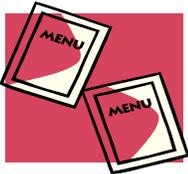


Do not encourage patients on a diabetic diet to phone the diet office or the 5<sup>th</sup> Floor pantry directly. Instead, let them know that you'll page the Diet Tech or, if you'd prefer, enter a Nutrition Consult in WIZ.

- If a patient isn't eating well, you can substitute a food with the same amount of CHO for the one(s) not eaten. Each patient is given a **menu** that lists foods provided and their CHO servings. For example, 1CHO = 1 CHO serving (~15 grams CHO). 1.5 CHO = 1-1/2 CHO servings or ~22 grams CHO. Foods on the menu without CHO servings listed are low in CHO. Free foods are listed as FF.
- Refer to the **Pantry Food List** for a list of foods available in the 5<sup>th</sup> Floor Pantry. This list shows the number of CHO servings for each food. Give substitute foods or beverages that have the same amount of CHO servings as the food(s) not eaten.
- If a patient with diabetes misses a meal, use the Pantry Food List and provide foods or beverages that are approximately equal to the amount of CHO in the missed meal.
- The patient menu and Pantry Food List are available on the Nutrition Services Web site at <http://www.mc.vanderbilt.edu/nutritiondept> -- Patient Services section.

### Diet Technician Pager Info

<b>Round Wing</b>	<b>831-4352</b>
<b>4 East</b>	<b>831-4352</b>
<b>6 North &amp; South</b>	<b>835-8957</b>
<b>7 North</b>	<b>835-8957</b>
<b>8 North</b>	<b>835-8944</b>
<b>8 South</b>	<b>835-8948</b>
<b>9 North &amp; South</b>	<b>835-8944</b>
<b>10 South</b>	<b>835-8957</b>
<b>11 North</b>	<b>835-8948</b>



- Tips for home diet are listed on the back of the patient's menu.
- Some patients have been taught a more complex system of tracking CHO intake. They may need to know exactly how many grams of CHO are in each food, rather than the number of CHO servings. Or you may need to know how many CHO grams a patient has eaten to give the correct amount of insulin. If so, please check the CHO Grams version of the patient menu on the Nutrition Services Web site. An approximate guide is to allow 15 grams for each CHO serving eaten.
- A version of the Pantry Food List with CHO grams is also available on the Nutrition Services Web site <http://www.mc.vanderbilt.edu/nutritiondept>.

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