

*Greenwich Hospital*

**CONTROLLED CARBOHYDRATE DIET**

**PATIENT/FAMILY INFORMATION SHEET**

**What is a controlled carbohydrate diet?**

A controlled carbohydrate diet means that meals contain carbohydrate-rich foods in fairly equal amounts. That is, each breakfast has about the same amount of carbohydrate-rich foods as do lunches and dinners. This consistency helps to control your blood sugar levels. On a controlled carbohydrate diet, your meals should be balanced. Aim to include foods from all of the major food groups (starch; fruit; vegetables; low fat dairy; poultry, fish, lean meat or meat substitutes; and heart-healthy fat).

**Guidelines for a Controlled Carbohydrate Diet**

Eat at regular times each day	<ul style="list-style-type: none"><li>• Never skip meals or planned snacks.</li></ul>
Eat a balanced diet	<ul style="list-style-type: none"><li>• This allows your body to get all of the vitamins, minerals, and nutrients it needs.</li></ul>
Avoid or limit foods high in sugar	<ul style="list-style-type: none"><li>• High-sugar foods include fruit juices and fruit drinks, cakes, candy, pies, cookies, regular soft drinks, syrup and honey.</li></ul>
Ask your dietitian to calculate the amount of calories and carbohydrate that you need	<ul style="list-style-type: none"><li>• The amount of food you need each day depends on your weight, height, age and activity level. A diet that has too many calories leads to obesity. Your carbohydrate intake will depend on calorie needs and blood sugar control.</li></ul>
Portion size is important	<ul style="list-style-type: none"><li>• Too much of a healthy food can increase your blood sugar just as much as a sweet treat can.</li></ul>
Carefully examine the label of “sugar-free” and “no added sugar” foods	<ul style="list-style-type: none"><li>• Sugar-free does <u>not</u> mean carbohydrate-free. It is the carbohydrate in food that has the most impact on blood sugar levels.</li></ul>
Include heart-healthy fats at meals and snacks.	<ul style="list-style-type: none"><li>• Heart-healthy, mono-unsaturated fats, such as olive oil, canola oil, natural peanut butter, avocado, nuts and seeds will not raise blood cholesterol or blood sugar levels. They help control the blood sugar rise after meals. Your dietitian can help you choose the portion sizes appropriate for your calorie needs.</li></ul>
Include fish at least 2 times each week (If you are pregnant or nursing, speak with your doctor about eating fish.)	<ul style="list-style-type: none"><li>• Fatty fish, such as salmon, tuna and sardines, are rich sources of heart-healthy omega-3 fats</li></ul>
Follow your physician’s recommendations regarding alcohol.	<ul style="list-style-type: none"><li>• Alcoholic beverages can affect blood sugar control, particularly if you use certain medications. Check with your physician regarding alcohol use.</li></ul>

## What foods contain carbohydrate?

<b>Food Group:</b>	<b>Grams of Carbohydrate Per Serving:*</b>	<b>Examples:</b>
Starches	15	<ul style="list-style-type: none"> <li>• 1 slice bread</li> <li>• 1/3 cup pasta</li> <li>• ¾ cup unsweetened cereal</li> <li>• ½ cup or ½ medium potato</li> <li>• 1/3 cup rice</li> </ul>
Fruit	15	<ul style="list-style-type: none"> <li>• 1 small piece of fruit</li> <li>• ½ cup fruit canned in juice or water</li> </ul>
Milk	12	<ul style="list-style-type: none"> <li>• 1 cup milk</li> <li>• ¾ cup plain fat-free or reduced fat yogurt</li> </ul>
Vegetables	5	½ cup vegetables, such as: <ul style="list-style-type: none"> <li>• green beans</li> <li>• carrots</li> <li>• broccoli</li> <li>• tomatoes</li> </ul>

\* The grams of carbohydrate per serving of foods is also available on the Nutrition Information panel on food labels.

## How can I get more information?

Your diet may have recently changed. If you have questions about your diet or for a more complete list of foods and quantities, please call a Greenwich Hospital Registered Dietitian or one of the following resources:

Organization	Phone
Greenwich Hospital Out-Patient Dietitian	203.863.3668
Healthy Living with Diabetes Program at Greenwich Hospital	203.863.2954
Greenwich Hospital Diabetes Educator	203-863-3929
American Dietetic Association	800.877.1600
Web Resources	
<input type="checkbox"/> American Dietetic Association <a href="http://www.eatright.org">www.eatright.org</a>	
<input type="checkbox"/> United States Food and Drug Administration: <a href="http://www.cfsan.fda.gov/~dms/foodlab.html">http://www.cfsan.fda.gov/~dms/foodlab.html</a>	

*For more Patient Education Fact Sheets, see the Greenwich Hospital web site at [www.greenhosp.org](http://www.greenhosp.org) and click on Patients & Visitors, then Patient Education*