

## CONTROLLED CARBOHYDRATE DIET SAMPLE MENU

### 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 from day to day 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>

### Sample Menu for Controlled Carbohydrate Diet\*\*

**\*\* This sample menu provides approximately 1500 calories. Your dietitian can help you develop a plan to meet your individual calorie need and food preferences.**

Meal	Food Exchanges	Grams of Carbohydrate	Sample Menu
Breakfast	1 Starch	15	<ul style="list-style-type: none"> <li>• ¾ cup flaked cereal or 1 slice whole grain toast</li> <li>• ½ small banana or ¾ cup berries or 1 cup melon</li> <li>• ½ cup skim or low fat milk</li> <li>• 2 tablespoons unsalted nuts with cereal</li> <li>• Calorie-free beverage</li> </ul>
	1 Fruit	15	
	½ Milk	6	
	2 Fat	0	
Lunch	2 Starch	30	Sandwich: <ul style="list-style-type: none"> <li>• 2 slices whole grain bread or 1 small wrap</li> <li>• 2 ounces poultry or fish*</li> <li>• Lettuce, tomato, mustard, as desired</li> <li>• Raw vegetables and/or salad, as desired</li> <li>• 2 teaspoons mayonnaise or 2-3 tablespoons salad dressing</li> <li>• 1 small piece fruit or 1 cup melon or ¾ cup berries</li> <li>• Calorie-free beverage</li> </ul>
	2 Protein	0	
	1+ Vegetables	5+	
	2 Fat	0	
	1 Fruit	15	
Afternoon Snack	1 Fruit	15	<ul style="list-style-type: none"> <li>• 1 small piece fruit</li> <li>• 4-6 unsalted crackers</li> <li>• 2 teaspoons peanut butter</li> </ul>
	1 Starch	15	
	1 Fat	0	
Dinner	3 Protein	0	<ul style="list-style-type: none"> <li>• 3 ounces poultry or fish*</li> <li>• 1 medium potato or 1 small yam</li> <li>• 1 cup cooked vegetables</li> <li>• Salad, as desired</li> <li>• 2 teaspoons olive oil or 2-3 tablespoons salad dressing</li> <li>• Calorie-free beverage</li> </ul>
	2 Starch	30	
	2+ Vegetables	10+	
	2 Fat	0	
Evening Snack	1 Fruit	15	<ul style="list-style-type: none"> <li>• 1 small piece fruit</li> <li>• 1 tablespoon unsalted nuts or 2 teaspoons nut butter</li> </ul>
	1 Fat	0	

### How can I get more information?

Organization	Phone
Greenwich Hospital Weight Loss & Diabetes Center	203.863.2939
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"/> American Diabetes Association <a href="http://www.diabetes.org">www.diabetes.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.greenwichhospital.org](http://www.greenwichhospital.org) and click on Patient Education.