



**California Division North  
Nutritional Services  
Diet - Menu**

<b>Subject/Title: DIABETES MELLITUS DIET</b> <b>Order As: NOCSW</b>
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**GOALS OF DIETARY MANAGEMENT:**

1. Improve blood glucose and lipid levels.
2. Promote consistent day-to-day intake for people with insulin-dependent diabetes.
3. Achieve or maintain desirable body weight.
4. Promote healthy eating habits.

**ADEQUACY:**

The diabetic diet is nutritionally adequate, depending on the individual patient's food selection and intake. Diets containing less than 1200 calories per day may be inadequate in some micronutrients and a multivitamin/mineral supplement should be recommended in these cases. Dietary liquid supplement may be added for nutritional adequacy within the prescribed diet.

**ORDER AS:** NOCSW = No Concentrated Sweets  
ADA12 = 1200 ADA diabetic diet  
ADA15 = 1500 ADA diabetic diet  
ADA20 = 2000 ADA diabetic diet  
ADA22 = 2200 ADA diabetic diet  
ADA25 = 2500 ADA diabetic diet

**DIET GUIDELINES:**

1. **CALORIES:** sufficient to achieve and maintain desirable or ideal body weight.
2. **CARBOHYDRATE:** 55% to 60% of total calories. Emphasis on unrefined complex carbohydrates that are rich in fiber; modest amounts of sucrose and other refined sugars may be acceptable if blood glucose is well controlled and if body weight is acceptable. Appropriate division of carbohydrate into meals and snacks is required.
3. **FIBER:** at least 25 to 30 Grams per day, including sources of soluble and insoluble fiber.
4. **PROTEIN:** the RDA of 0.8 Grams per Kilogram body weight should be provided.

5. FAT: ideally, total fat < 30% of total Calories. Polyunsaturated fats up to 10% of total Calories. Saturated Fats < 10% of total Calories. Monounsaturated Fats 10% to 15% of total Calories. Cholesterol < 300 mg/day.
6. Alternative sweeteners use of various nutritive and non-nutritive sweeteners is acceptable.
7. Sodium prudent intake of approximately 1000 Cal/day, not to exceed 3000 mg/day, is generally appropriate.

HOSPITAL DIET: HS snacks are provided to all patients on Diabetic Diets, and patients are provided with a diet within +/- 50 calories of level ordered.

#### FOODS RECOMMENDED

Nonfat/Low Fat Milk  
 Nonfat/Low Fat Yogurt  
 (Sugar Free)  
 Fresh/Cooked Vegetables  
 Fresh/Canned Unsweetened  
 Fruits/Juices  
 Whole Grain Breads/Crackers,  
 Rice, Pasta, Tortillas,  
 Unsweetened Cereals  
 Meat, Poultry, Seafood, Eggs,  
 Cheese, Peanut Butter  
 Limited Usage Of Fats/Oils

#### FOODS NOT RECOMMENDED

Sugar, Honey, Syrup, Molasses  
 (Or Foods Made With These  
 Ingredients Listed As One  
 Of The First Four ingredients)

### SAMPLE MENU

#### CLEAR LIQUID ADA

##### Breakfast

6 oz. Broth  
 4 oz. Clear Juice  
 1/2 c. Regular Gelatin  
 Sugar Substitute  
 Decaf Coffee

##### Lunch & Dinner

6 oz. Broth  
 4 oz. Apple, Cranberry or Grape Juice  
 1/2 c. Regular Gelatin  
 Sugar Substitute  
 Decaf Tea

##### HS Snack (Provided by Nursing)

4 oz. Clear Juice  
 1/2 c. Regular Gelatin

#### FULL LIQUID ADA

##### Breakfast

4 oz. Regular Juice  
 1 can Glucerna  
 1/2 c. Cream of Wheat  
 8 oz. Lowfat Milk  
 Sugar Substitute  
 Decaf Coffee

##### Lunch & Dinner

1/2 c. Strained Cream Soup  
 4 oz. Regular Juice  
 1/2 c. diet custard  
 8 oz. Lowfat Milk  
 Sugar Substitute  
 Decaf Tea

##### HS Snack (Provided by Nursing)

4 oz. Juice  
 1/2 c. Diet Pudding