

Special Dietary Instructions: Diabetes Mellitus Type I

Student is given a complete menu (entrée menu and offering bar) to take home on a monthly basis. A monthly nutritional analysis will be posted online at <http://www.4j.lane.edu/nutrition/menus>. It will include nutrition information, including carbohydrate counts, on all items offered each day of the month for both breakfast and lunch. Student can work with parents or school nurse to fill out Daily Carbohydrate Count Worksheet and check the carbohydrates of each item. If prepared trays are needed ahead of time for student, a doctor's note will need to be on file with Registered Dietitian. Student is to drop off Daily Carbohydrate Count Worksheet to the kitchen by 10am each day from prepared lunch trays. See example below for proper technique to fill out form. Please contact Nutrition Services for assistance with portion size modification or questions at 541-790-7655 or nzammit@4j.lane.edu.

Carbohydrate Guidance: (see attached exchange list)

Entrée: varies based on individual recipe. Check food label, recipe book and/or call Nutrition Services Office for assistance.

Fruit (one piece of fruit or ½ cup fruit or ¼ cup juice): 15 grams

Vegetables (check food label, recipe book and/or call Nutrition Services Office for assistance): 0-15 grams (corn and peas contain carbohydrates)

Other Items (check food label, recipe book and/or call Nutrition Services Office for assistance): examples, Roll: 21 grams; Pudding: ½ cup = 12 grams; Gelatin w/Fruit: ½ cup = 10 grams

Milk: white: 12 grams; chocolate: 26 grams

Note: If an item is less than 20 calories or less than 5 grams of carbohydrates per serving, then you count the item as 0 gram carbohydrate item.

Example Daily Carbohydrate Count:

Entrée:	1 Hot Dog	23 grams
Fruit:	½ cup Peaches 1 apple	15 grams 15 grams
Vegetable:	½ cup Fresh Mixed Vegetables (Salad Mix with Spinach, Baby Carrots, Broccoli)	0 grams
Other:	½ cup Cinnamon Carrot Salad	15 grams
Milk:	1 HP 1% Milk	12 grams
Condiments:	2 Tbsp Ranch Dressing 1 Tbsp Ketchup 1 Tbsp Mustard	0 grams 0 grams 0 grams
	Total:	80 grams

Today's Date:
Daily Carbohydrate Count:

Entrée:		
Fruit:		
Vegetable:		
Other:		
Milk:		
Condiments:		
	Total:	