OB Diabetic Diet - Carb Counting

- Your physician has ordered an OB Diabetic diet for you. This type of diet helps control your blood sugar.

- Select your menus by calling room service. Call 3-6368 to place your orders.

- On your diet, you will count the amount of carbohydrate (carb) at each meal. This is known as carb counting. Match your insulin to the amount of carbs eaten.

- Carbs are measured in grams. Use the carb grams listed in this handout to know the amount of carbs you eat. Adjust the amount of grams, if you do not eat the entire portion of a food you receive. For example, if you eat ½ serving of a food that has 30 carb grams, count 15 grams.

- Many foods on the menu do not contain carbs or have very small amounts of carbs. Low carb foods are listed at the bottom of page 3 of this handout. It is very important that you eat a large amount of protein foods (meat, eggs, and cheese).

- If you have questions about your diet order, please ask your nurse to call the Diet Tech or Dietitian on your unit.

All foods listed = 15 Carb grams unless otherwise noted.

**Breakfast Carb Choices**

- Apple juice - 4 oz
- Light Cranberry juice (7.5 Carb grams)
- Low Sodium V-8 juice
- Orange juice - 4 oz.
- 2% milk - 4 oz (7.5 Carb grams)
- 2% milk - 8 oz
- Skim milk - 8 oz
- Blueberry Muffin (37.5 carb grams)
- Whole grain bread or toast – 1 slice
- White bread or toast – 1 slice

- Oatmeal
- Cream of Wheat
- Grits
- Cheerios
- Cornflakes
- Crisp Rice
- Frosted Flakes (30 Carb grams)
- Raisin Bran (30 Carb grams)
- Buttermilk pancakes (30 Carb grams)
- French Toast (30 Carb grams)
- Waffle (30 Carb grams)
- Biscuit + Sausage gravy (30 Carb grams)
- Fruit Cocktail
- Applesauce
- Whole orange
- Pear halves
- Banana
- Grapes
- Fresh Fruit Cup
- Sliced Peaches
- Pineapple chunks
- Fresh Apple
- Yogurt
- Corn Muffin (37.5 Carb grams)
- Danish (30 Carb grams)
- Hash Brown Potatoes
**Lunch & Dinner Carb Choices**

- Beef Vegetable soup (7.5 Carb grams)
- Chicken Noodle Soup (7.5 Carb grams)
- Vegetarian Vegetable Soup
- Chili (30 Carb grams)
- Tomato soup
- Fried Catfish
- Hamburger (30 Carb grams)
- Cheeseburger (30 Carb grams)
- Veggie Burger
- Grilled Chicken Sandwich (30 Carb grams)
- Grilled Cheese Sandwich (37.5 Carb grams)
- Fried Fish Sandwich (37.5 Carb grams)
- Hot Dog (30 Carb grams)
- Meatloaf with Brown Gravy
- All selections from pasta bar: (67.5 Carb grams)
- Quesadilla – chicken or cheese (30 Carb grams)
- Pizza – cheese, pepperoni, veggie (45 Carb grams)
- Chicken tenders
- Peanut Butter & Jelly Sandwich (30 Carb grams)
- Kaiser Roll (30 Carb grams)
- White Bread
- Wheat Bread
- Croissant (30 Carb grams)
- Chicken Caesar Salad
- Fruit and Cottage Cheese Plate (45 Carb grams)
- Seasoned Baby Carrots (7.5 Carb grams)
- Whipped potatoes
- Seasoned Mixed Vegetables
- Baked potato
- Seasoned Green Peas
- Corn
- Steamed Rice (30 Carb grams)
- Sweet potatoes (30 Carb grams)
- Macaroni & Cheese (22.5 Carb grams)
- Pinto Beans (30 Carb grams)
- French Fries (30 Carb grams)
- Chips: regular, baked, pretzels, doritos (30 Carb grams)
- Crackers (7.5 Carb grams)
- Flour Tortilla (22.5 Carb grams)
- Biscuit (22.5 Carb grams)
- Cornbread (22.5 Carb grams)
- Dinner Roll
- Chocolate cake with icing (30 Carb grams)
- Vanilla cake with icing (30 Carb grams)
- Angel Food Cake (30 Carb grams)
- Chocolate Brownie (30 Carb grams)
- Chocolate Chip Cookie (30 Carb grams)
- Sugar Cookie (30 Carb grams)
- Fruit Cobbler (30 Carb grams)
- Teddy Grahams (30 Carb grams)
- Ice Cream
- Gelatin
- Low Calorie Vanilla Pudding
- Low Calorie Chocolate Pudding
- Sliced Peaches
- Pineapple chunks
- Mandarin Oranges
**Low Carb Foods**

These foods are very low in Carbs - You can order extras of these foods.

<table>
<thead>
<tr>
<th>Low Carb Foods</th>
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<tbody>
<tr>
<td>Scrambled Eggs</td>
<td>Broccoli, Carrot, Cauliflower blend</td>
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<tr>
<td>Turkey Sausage</td>
<td>Seasoned Green Beans</td>
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<tr>
<td>Grilled Chicken</td>
<td>Baby Carrots</td>
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<tr>
<td>Roast Pork Loin</td>
<td>Broccoli</td>
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<tr>
<td>Roast Turkey with Gravy</td>
<td>Low Calorie Gelatin Cup</td>
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<tr>
<td>Chicken Vegetable Soup</td>
<td>Coffee &amp; Hot Teas</td>
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<tr>
<td>Low Fat Cottage Cheese</td>
<td>Unsweetened IcedTea</td>
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<tr>
<td>Tossed Salad &amp; Dressing</td>
<td>Non-Dairy Creamer</td>
</tr>
<tr>
<td>Sliced Tomatoes</td>
<td>Herb Seasoning</td>
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<tr>
<td>Chef Salad (no croutons)</td>
<td>Lemon Juice</td>
</tr>
<tr>
<td>Chicken Caesar Salad (no croutons)</td>
<td>Low Calorie Jelly</td>
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<tr>
<td>Crystal Light Beverage</td>
<td>Margarine</td>
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<tr>
<td>Oriental Stir Fry</td>
<td>Peanut Butter</td>
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<tr>
<td>Chicken Salad</td>
<td>Broth: beef, chicken or vegetable</td>
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<tr>
<td>Tuna Salad</td>
<td>Deli Meats &amp; Cheeses</td>
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