



FOR DELEGATED CAREGIVERS

Student	DOB
Procedure Written on:	
By:	
Reviewed on:	Reviewed on:
By:	By:
Reviewed on:	Reviewed on:
By:	By:

COUNTING AND DOCUMENTING CARBOHYDRATES

When student eats a meal, the number of carbohydrates in that meal must be counted and documented. Delayed meals or snacks or eating too little carbohydrate can result in low blood sugar levels. Consuming too many foods with high carbohydrate content can result in high blood sugar levels.

Foods that contain carbohydrate are:

- Starchy foods like bread, cereal, rice, and crackers
- Fruit and juice
- Milk and yogurt
- Dried beans like pinto beans and soy products like veggie burgers
- Starchy vegetables like potatoes and corn
- Sweets and snack foods like sodas, juice drinks, cake, cookies, candy, and chips

Non-starchy vegetables have a little bit of carbohydrate but in general are very low.

Procedures for counting and documenting carbohydrate consumption at meals:

- Student requires assistance in determining carbohydrate content of various foods.
- Student's meal plan calls for _____ grams of carbohydrates with each meal at school.
- Student must show delegated staff the amount of food consumed at each meal.
- Student self-reports the number of carbohydrates consumed at each meal.
- The number of carbohydrates consumed at the meal are documented.

To calculate the Total Carbohydrates consumed:

1. List each food and drink consumed by the student at the meal.

2. Determine the serving size of each food and drink consumed.
3. Determine the amount of carbohydrate grams from the food label, by using a carbohydrate count book, and/or by using carbohydrate information provided by family.
4. Add the total number of carbohydrates for each food and drink to get the total carbohydrate count for the meal.
5. Document the number of carbohydrates consumed at the meal on the students delegated care log and/or personal care log.

Carb Counting Menu Example	
Menu #1	Menu #2
2 slices of bread (30 grams carbs)	1 cup chicken noodle soup (15 grams carbs)
2 oz. turkey (0 grams carbs)	6 saltine crackers (15 grams carbs)
1 tsp. mayonnaise (0 grams carbs)	½ cup tuna salad (0 grams carbs)
1 small apple (15 grams carbs)	1 cup cubed cantaloupe (15 grams carbs)
Total: 45 grams carbs	Total: 45 grams carbs

References

American Diabetes Association. (2010). *Carbohydrate Counting*. Retrieved from <http://www.diabetes.org/food-and-fitness/food/planning-meals/carb-counting/>

Minnesota Department of Education. (2013). *Helping the Student with Diabetes Succeed: A Guide for School Personnel*. Retrieved from <http://www.minnesotaschoolnurses.org/DiabSchoolSupplMNwCover.pdf>

New Mexico Department of Health. (n.d.). *New Mexico School Health Manual: Calculating Total Carbohydrates*. Retrieved September 28, 2010 from http://www.nmschoolhealthmanual.org/forms/sectionIV/04_CarbCounting_Worksheet.pdf

Image: CCS Medical