

Diabetic Precautions

Guideline:

The Diabetic Precautions, applied to any diet consistency, is for individuals with diabetes who eat well, require some additional meal modifications and is an appropriate diet for blood sugar control. In some situations with overweight individuals, especially in long term care health communities, the Diabetic Precautions would be appropriate as the sole interventions for weight management and therefore are not specifically for diabetes control only.

1. Diabetic Precautions

Some diabetic individuals are better served utilizing a Regular Diet with Diabetic Precautions. This nutritional approach in the treatment of diabetes allows individuals to select foods and portions more typical to their usual and preferential meal choices and thereby increases the overall nutritional intake. When Diabetic Precautions are implemented, a Regular Diet with any consistency modification ordered is initiated and the following approaches given as guidelines:

- Individuals are guided toward selecting well-balanced, nourishing meals.
- Individuals are encouraged to consume about the same size of meals and to consume meals at about the same time each day.
- Individuals are encouraged to select smaller servings of desserts or select fruit for desserts.
- Individuals are encouraged to consume unsweetened beverages, sugar substitute, diet jelly and diet syrup.

In health care communities, a Regular Diet with Diabetic Precautions may be appropriate for the majority of older adults with diabetes. Specific calorie diets are not recommended in long term health communities due to the limited choices, increased risk of poor intakes in older adults and the desire to honor each individual's food preferences as well as promoting involvement in self-directed care choices

2. In some situations, especially in long term health care communities, the Diabetic Precautions would be appropriate as the sole interventions for weight management and not specifically for diabetes control. In such instances, it is recommended that a Regular Diet be ordered and the Diabetic Precautions be listed on an individual's tray card, discussed with the individual, and placed in the plan of care.