

ENDOCRINOLOGY & DIABETES UNIT

Diabetes Clinic

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DATE: _____

DIABETES NUTRITION TEACHING CHECKLIST

TOPICS TAUGHT	MOM	DAD	OTHER	PT	NOTES
Digestion/BG response of food groups					
Carbohydrate foods in <i>BTB</i>					
Protein, fat and veggies in <i>BTB</i>					
Approach suggested for meals & snacks					
Timing of meals and snacks					
Balance of food groups					
Carb quality and quantity					
Impact of insulin and food sliding					
Delay/split of meals and snacks					
Physical activity					
Label reading					
Sugars and sweeteners					
Eating out and resources					
Recipes and calculations					
Ongoing meal plan adjustment					
Other topics					