

STUDENTS, PARENTS, NUTRITION SERVICE STAFF, AND NURSES

Carbohydrate Book Overview:

This Carb Book was developed for the persons involved with the treatment and care of our diabetic students requiring carb points to calibrate their diet intake. The carbs are listed in sections for ease in location of foods. The sections are *MILK, BREAKFAST, BREAD, FRUIT, MAIN DISH, SANDWICHES, VEGETABLES*, and for Middle and High students, *SALAD BAR AND SNACK BAR*. We have provided the information for the foods we serve on all menus and the size of each serving with the carbs in grams (GM or gm.) To convert grams to carb points divide by 15. You may total the grams for the meal or use the grams for a certain item listed. The items listed in the Main Dish Section are listed *with the bun* for sandwiches. The information for the buns is also included in the **bread section** so that carbs or points can be figured separately.

This year we have received requests for calorie, fat and sodium content so we are extending this guide to include this information. This will enable students or a parent with special diet needs to also utilize this material. The columns with the information for sodium and calories is listed for both sizes portions, “E” is for Elementary and “S” is for Secondary.

We have worked closely with our staff nurses, Linda Parr and Jennifer Runyan to develop this chart. If there is a food you cannot find on the chart or if there is a question about the menu please call Paola Nutrition Services office at 294-8005. If you need to be contacted when there is a change in menus, please call us at the above number and leave your contact information and/or an email address. We will respond with any changes as well as notify the School Nurses and the Nutrition Service Kitchen Manager. You may also have a calendar with the choices of the alternate fruits and vegetables planned for the month’s menus mailed to you in advance if you request it.

Our goal is to give you the most accurate and appropriate information in order to allow you to make the necessary decisions to better control your diabetic diets and special needs diets. If we can be of service please let us know. Please call and ask for Karen York, Assistant Nutrition Service Director, at the central kitchen at Paola High School 294-8005 from 5:30 AM to 2:30 pm or extension 4101 after hours.