



Dietitian's Corner

New Diabetic Exchanges - The Impact on Corrections

By Barbara Wakeen, MA, RD, LD, CCFP

The New Diabetic Exchanges were published in January this year. These are based on the 2002 American Diabetes Association's nutrition recommendations. Exchanges are those food groups defined and portioned to express an approximated caloric and nutrient value of a specified food group. Each serving has approximately the same carbohydrate, protein and fat content and ultimately the same amount of calories. These are the bases used in calorie controlled diets for diabetes and weight management and for carbohydrate counting.

So how does this affect us in Corrections?

The new exchanges have included some new food items and some altered portions. Most of the added food items we do not use in Corrections, but if you or someone you know is diabetic, there is now more food items to reference as an exchange.

The changes in portions affect the food items and quantities purchased and prepared as well as the portion utensils used to serve. Although some of these changes are minor, their impact on our operations can be major when it comes to altering the menus and the education process of staff and inmates.

As Food Service Directors/Administrators, communicate with your dietitian to see how this is going to impact your menu and your operation. Is he/she planning to alter the menu portions and/or the medical diets? Are there plans to instruct the inmates and foodservice staff and even the medical staff?

Those of you who are RD's, you may have already ordered the new exchanges. If not, they are available through the

American Diabetes Association at www.diabetes.org or the American Dietetic Association at www.eatright.org. Before this revision, the last printing was in 1995.

Most of the items that affect our operations are the starches/carbohydrate group. These are the items that have the biggest impact on diabetes control. If your menus are planned using carbohydrate counting, it is possible your main population menus will be altered to accommodate these changes. *(Please see chart: Some Common Food Items That Changed.)*

The table is not all inclusive of the changes, but lists the majority of those items that appear on our menus. The table indicates most changes were a reduction in the portion to equate to one exchange or combined exchange.

Pasta is the one item that stands out the most simply because it has always been difficult to measure 1/2 cup spaghetti and now with the portion 1/3 cup this will be a true challenge. Often we try to increase this portion and reduce another starch to be able to serve a more sizeable portion.

Items such as corn-on-the-cob and potatoes have more detailed portion explanations that have been added. Varying types of yogurts have been reduced in portion for the same exchange quantities. Soy milk, sports drinks and power bars also have been added. Free foods such as low-fat salad dressing, whipped topping and dill pickles had modifications also.

This information will be presented in more detail at the upcoming International ACFSA Conference in Baltimore.

Some Common Food Items That Changed

Food Item	New Portion Exchange	Old Portion Exchange
Breadsticks 4" x 1/2 "	4 ea = 1 Starch	2 ea = 1 Starch
Pancakes 4" - 1/4 " thick	1 ea = 1 Starch	2 ea = 1 Starch & 1 Fat
Flour Tortilla - 6" across	1 ea = 1 Starch	1 ea (7 - 8") = 1 Starch
Flour Tortilla - 10" across	1/3 ea = 1 Starch	Not listed
Pasta, Cooked	1/3 cup = 1 Starch	1/2 cup = 1 Starch
Muffin - 5 oz	1/5 (1 oz) = 1 Starch & 1 Fat	Small (1-1/2 oz) = 1 Starch & 1 Fat
Snack Chips (potato, tortilla)	9 -13 (3/4 oz) = 1 Starch & 1 Fat	6 -12 (1 oz) = 1 Starch & 1 Fat
Waffle - 4" square or across	1 ea = 1 Starch & 1 Fat	1 ea 4-1/2" = 1 Starch & 1 Fat
Peanut Butter	1 Tbs = 1 High Fat Meat	2 Tbs = 1 High Fat Meat + 1 Fat
Peanut Butter	1/2 Tbs = 1 Fat	2 Tsp = 1 Fat