



CONTENT

Use of exchange lists for nutritional management of diabetes

MATERIALS NEEDED

Visuals Provided

- #1 *Exchange Lists*
- #2 *Starches Exchange List*
- #3 *Fruit Exchange List*
- #4 *Milk and Yogurt Exchange List*
- #5 *Sugary Foods Exchange List*
- #6 *Vegetables (Non-Starchy) Exchange List*
- #7 *Meat and Meat Substitutes Exchange List*
- #8 *Fats and Oils Exchange List*
- #9 *Free Foods Exchange List*
- #10 *Portion Sizes You Will Understand*
- #11 *Changes I Can Make*

Additional Resources

Samples of foods common in the participants' community
Food packages with ingredient listing and Nutrition Facts Label
Food models (paper and/or plastic)
Measuring cups and spoons, rulers and food scales
Nutrition information pamphlets from local restaurants
Exchange Lists for Meal Planning
The First Step in Diabetes Meal Planning
Healthy Food Choices
Ethnic and Regional Food Practices
Fast Food Guide
Guide to Healthy Restaurant Eating
Food Label
Portion Distortion quiz and visuals

METHOD OF PRESENTATION

This session builds on information and skills provided in *BYLD*, Session #4: *Healthy Eating* and the instructor needs to be familiar with its content before teaching this session. The instructor may need to provide content in more than one session depending on participant knowledge and learning needs. **This session is an introduction only and individuals need to be referred to a registered dietitian for an individualized meal plan.**



In order to use teaching materials effectively, instructors need to become familiar with the variety of materials available for this session. It is important for instructors to point out specific content in the materials and explain it. Adapt exchange list visuals as needed to represent community food preferences. **Instructors need to avoid giving these materials to participants without explanation.**

Use a creative icebreaker. (See *BYLD*, Introduction on p. XIII for examples.) You may want to ask participants to introduce and share something about themselves and how they live with diabetes. Explain that the purpose of this session is to discuss how exchange lists can be used to make healthy food choices.

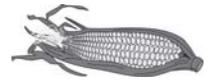
Use facilitated group discussion to present material. Encourage participants to share stories and ask questions to facilitate the discussion. Have a variety of teaching tools available based on participants’ learning needs. Be creative and encourage interaction. Videos may be used to reinforce content. Use food records or develop examples that participants can use for problem-solving. **Encourage participants to have the person who prepares the food attend this session with them.**

CONTENT OUTLINE

Objective	Content	Instructor’s Notes
DMCN-EL-1. Describe exchange lists in simple terms.	<p>Exchange lists are lists of foods that are grouped together because they are alike.</p> <p>One serving of all foods on the same exchange list has about the same amount of carbohydrate, protein, fat and calories.</p>	<p>Ask, “Who is familiar with exchange lists? What are they? How have you used exchange lists to plan your food choices?” List/discuss responses.</p> <p>Note: <i>Exchange Lists for Meal Planning</i> is a helpful tool for discussion of exchange lists. See <i>Sources for Additional Materials</i>, p. 119.</p> <p>Any food on an exchange list can be “exchanged” or “traded” for any other food on the same list.</p>
DMCN-EL-2. Identify the exchange lists.	<p>Exchange lists include:</p> <ul style="list-style-type: none"> • starches • fruit • milk and yogurt 	<p>Ask, “What are the names of the different exchange lists?” List/discuss responses.</p> <p>Visual #1: <i>Exchange Lists</i></p> <p>Assist participants in identifying the names of exchange lists.</p>



Objective	Content	Instructor’s Notes
DMCN-EL-2. (continued)	<ul style="list-style-type: none"> • sugary foods • vegetables (non-starchy) • meat and meat substitutes • fats and oils • free foods 	<p>The Other Carbohydrates Exchange List includes:</p> <ul style="list-style-type: none"> • sugary foods • reduced-calorie meal shakes • rice milk • fat-free salad dressing <p>Emphasize that foods are grouped together because they are alike. One serving of a food has about the same amount of carbohydrate, protein, fat and calories as the other foods on that list. For example, all fruits are on the fruit list.</p> <p>Some foods are not where a person might expect them. For example, cheese is on the meat list. This is because its carbohydrate, protein, fat and calorie content is more like meat.</p>
DMCN-EL-3. Identify 2 or more foods on each exchange list.	<p>The Starches Exchange List includes:</p> <ul style="list-style-type: none"> • bread, tortillas, pancakes • cereal, rice, pasta (noodles) • beans, peas and lentils • starchy vegetables • crackers and snacks <p>The Fruit Exchange List includes:</p> <ul style="list-style-type: none"> • grapes • melons • berries • apples • raisins • fruit juice 	<p>Ask, “What are two foods on each exchange list?” List/discuss responses.</p> <p>Visuals #2 through #9: <i>Exchange Lists</i></p> <p>Assist participants in identifying the foods on each exchange list.</p> <p>Provide a variety of food models (plastic, paper or actual) from each exchange list. Have participants group the foods according to each exchange list.</p> <p>All foods included on exchange lists are not listed here. See the <i>Resource Directory</i> for sources of exchange lists which list many foods.</p>



Objective	Content	Instructor's Notes
DMCN-EL-3. (continued)	<p>The Milk and Yogurt Exchange List includes:</p> <ul style="list-style-type: none"> • milk • yogurt • non-fat dry milk • buttermilk • evaporated milk <p>The Sugary Foods Exchange List includes:</p> <ul style="list-style-type: none"> • syrup • pudding • cake, cookies • regular soda / pop • ice cream • jelly, jam <p>The Vegetable (Non-Starchy) Exchange List includes:</p> <ul style="list-style-type: none"> • celery • broccoli • squash (zucchini and yellow) • carrots • green beans • peppers • salsa • vegetable juice <p>The Meat and Meat Substitute Exchange List includes:</p> <ul style="list-style-type: none"> • beef • pork • chicken, turkey • fish • wild game • cheese • peanut butter • eggs <p>The Fats and Oils Exchange List includes:</p> <ul style="list-style-type: none"> • sour cream • salad dressing 	<p>This includes skim, 1%, 2% and whole milk and yogurt.</p>



Objective	Content	Instructor’s Notes
<p>DMCN-EL-3. (continued)</p>	<ul style="list-style-type: none"> • butter and margarine • cream cheese • mayonnaise • nuts and seeds <p>The Free Foods Exchange List includes:</p> <ul style="list-style-type: none"> • sugar-free Jell-o® • broth and bouillon • coffee and tea • diet soda • sugar substitutes • chili, herbs, mustard, other spices <p>In general, foods on the same exchange list can be “exchanged” or “traded” with one another.</p> <p>Healthy meals include foods from each exchange list.</p>	<p>It is best to not make “exchanges” or “trades” between the different exchange lists.</p> <p>For example, lunch might include all of the following:</p> <ul style="list-style-type: none"> • 2 slices of whole wheat bread (Starch Exchange List) • 2 ounces of turkey (Meat and Meat Substitute Exchange List) • 2 teaspoons salad dressing (Fat and Oils Exchange List) • tomato slices and carrot sticks (Vegetable Exchange List) • one small apple (Fruit Exchange List) • one 6-ounce container of sugar-free yogurt (Milk and Yogurt Exchange List) • sugar-free Jell-O® (Free Foods Exchange List) <p>Foods from the Sugary Foods Exchange List are not as healthy a food choice as foods from the other exchange lists. They are not needed to make a healthy meal. Include these foods with meals less often and in small amounts.</p>



Objective	Content	Instructor’s Notes
DMCN-EL-4. (continued)	<p>A registered dietitian can help people learn the numbers and kinds of exchanges that are best for them.</p>	<ul style="list-style-type: none"> • their age • how much physical activity they get • the type of work or activity they do <p>In a meal, a person’s usual serving may be one or more exchanges. For example, fruit and milk have exchange amounts similar to amounts a person usually eats. A person’s usual serving of meat, however, is often 3 or more exchanges.</p> <p>Distribute/discuss Visual #10: <i>Portion Sizes You Will Understand</i> as a tool to estimate the amount of food in one exchange.</p> <p>Refer participants to a registered dietitian for assistance with their meal planning and exchange lists.</p>
DMC-EL-5. Describe 2 or more benefits of using exchange lists to make healthy food choices.	<p>Using an exchange list can help a person with diabetes:</p> <ul style="list-style-type: none"> • eat a variety of foods needed for good health • eat meals and snacks with about the same amount of food and nutrients each day • eat healthy portions of food • fit different or new foods into the meal plan • fit combination foods into the meal plan • be flexible in putting meals together • stay at a healthy weight 	<p>Ask, “How can using exchange lists help you make healthy food choices?” List/discuss responses.</p> <p>Choosing foods from all the exchange lists provides a variety of food. Because there are many foods on each exchange list, there are a lot of choices for “trading.”</p> <p>Serving sizes (one exchange) are listed on the exchange lists.</p> <p>Examples are stew, burritos, casseroles and pizza.</p>



Objective	Content	Instructor’s Notes
DMC-EL-5. (continued)	<ul style="list-style-type: none"> reach and stay at target blood sugar, blood pressure and blood fat goals 	Exchange lists also provide information on types of fat and sodium.
DMCN-EL-GS. State or write a personal plan for using exchange lists.	Making changes in habits, such as using exchange lists to plan food choices, is easier when plans are broken down into small, easy-to-do steps.	<p>Visual #11: <i>Changes I Can Make</i></p> <p>Provide information on other resources available to help people use exchange lists in meal planning, such as:</p> <ul style="list-style-type: none"> fast food restaurant pamphlets food labels books recipes <p>Assist participants in making a personal plan for using exchange lists.</p> <p>See <i>BYLD</i>, Session #3: <i>Making Healthy Changes</i>.</p>

SKILLS CHECKLIST

Participants will be able to describe the benefits of using exchange lists to plan healthy food choices.

EVALUATION PLAN

Knowledge will be evaluated by achievement of learning objectives and by responses to questions during the session. The ability to apply knowledge will be evaluated by identifying personal meal planning goals and the use of exchange lists to achieve those goals. Application of knowledge can also be evaluated through *Diabetes and Real Life Activities*. Evaluation will also include program outcome measures.

DOCUMENTATION PLAN

Record class attendance and achieved objectives as appropriate. Document patient response on PCC record using current *IHS Patient Education Protocols and Codes (PEPC)*.



