

Understanding My Diet Order

Diabetic Clear Liquid Diet

Why does the Diabetic Clear Liquid Diet allow foods with sugar?

- Your clear liquid diet should contain:
 - About 200 grams of carbohydrate per day equally divided between 3 meals and snacks.
 - Liquids should not be sugar-free because you require carbohydrate and calories. Sugar-free liquids do not meet these nutritional needs.

Why can't I receive sugar-free foods instead?

- Sugar-free products do not contain adequate calories, since carbohydrates are your main source of energy. During illness, especially when in the hospital, glucose requirements increase. If your diet contains too little sugar you will be at risk for low blood sugars.

Shouldn't diabetics eat a "no sugar added" diet?

- Meal plans such as no concentrated sweets, no sugar added, and low sugar diets are no longer appropriate. These diets do not reflect the diabetes nutrition recommendations of the American Diabetes Association. New recommendations find it is better to eat a consistent amount of carbohydrates daily rather than just restrict sugar.

For additional information visit the American Diabetes Association website at www.diabetes.org or ask to speak with an MUSC dietitian.

