

## **UMASD Food Service**

### **Carbohydrate Counting for Diabetic Students**

Diabetic students are monitored by the Nursing Staff for injections and overall diabetic control. When carbohydrate counts are needed, Food Service bases the counts on the Diabetic Exchange Lists. These lists were created by a joint venture of the American Diabetes Association and the American Dietetic Association and are called "Choose Your Foods: Exchange Lists for Diabetes". We also use labels and the nutritional analysis that is done on our menus using our PrimeroEdge nutritional software to calculate carbohydrates consumed.

Food Service will work individually with the Nurse at the school the student attends to get the counts whenever needed. Please contact Penny Bartlett, MS, RD, LDN at [pbartlett@umasd.org](mailto:pbartlett@umasd.org) or 610-205-8804 for further information.