

DSMP Manual Changes

Session 2, Activity 2, #10, Change the last bullet to read:

Note that for each food there is a **servicing** size. This may be larger or smaller than you are used to but you must use this **servicing size** when calculating the number of carbohydrates in a food.

Session 2, Activity 2, #12, Change first bullet to read:

For practice, we are going to find the recommended **servicing size** and nutrients for three food items.

Session 2, Activity 2, #12 (mis-numbered – starts with “Explain by writing this on the board”), Change to read:

We got 9 grams because one cup is 3 times the recommended **servicing**, so the nutrients would also be 3 times more. For example,

Session 2, Activity 2, Chart 10, Change “portions” to “servings” in 4 places in left-hand column

Session 2, Activity 2, Chart 111-a, Change “portions” to “servicing” in the 4th bullet

Session 2, Activity 2, just after Chart 11-b, 7th bullet, Change to read:

- Check to make sure the plans follow the formula for recommended number of servings of the different food groups, **servicing** sizes, and number of carbohydrates.

Session 2, Activity 2, just after Chart 12, first bullet, Change to read:

If measuring and weighing food is a problem for you, use the palm of your hand or the size of a deck of cards as a guide for meats or your fist for a **servicing** of carbohydrates.

Session 4, Activity 3, #5, second bullet, Change to read:

- How many *calories are in one **servicing***? (answer 280)

Session 4, Activity 3, #6, fifth bullet, Change to read:

- *Given what we have learned, could someone with diabetes have a **serving** of this food at a meal? (Answer: yes because one can have 45-60 grams of carbohydrates per meal. However if you eat this food, you would need to be careful not to eat many more carbohydrates.)*
- *What if a **serving** of food had 100 carbohydrates, could someone with diabetes eat this food? (Answer: yes but only half a portion or 50 grams.)*

Session 4, Activity 3, #8, second bullet, Change to read:

- *In our example, a **serving** has how many grams of fat? (Answer: 5).*

Session 4, Activity 3, #10, Change to read:

- *If you are watching your cholesterol, fat, and sodium any food with more than 20% per **serving** should be considered high.*