

Colton's Steak House and Grill

Adult Diabetic Diet Menu

Dietary Guidelines from the American Diabetes Association

The Exchange Lists are the basis of a meal planning system designed by a committee of the American Diabetes Association and the American Dietetic Association. While designed primarily for people with diabetes and others who must follow special diets, the Exchange Lists are based on principles of good nutrition that apply to everyone.

A Registered Dietitian can help a person with diabetes determine the amount of carbohydrate that should be eaten per day and at each meal and snack. For consistent blood glucose levels, the amount of carbohydrate eaten should be spread throughout the day to allow for a more even release of glucose into the blood from meal to meal and from day to day. The total number of meals and snacks and their timing throughout the day can differ for each person depending on nutritional needs, lifestyle, and medications.

According to recent research, the amount of carbohydrate in a meal is more important than the type of carbohydrate. Foods high in carbohydrates include grains such as rice, pasta, breads, cereals, and similar foods; fruits and juices; vegetables; milk and milk products; and anything made with added sugars, such as sweetened beverages, candies, cookies and other desserts.

In addition to the Exchange Lists, many diabetics now use carbohydrate counting. By knowing the carbohydrate goal (the number of grams of carbohydrate to eat) for each meal and snack, choices can be made by counting the total number of carbohydrates in the meal. Each Starch, Fruit, and Milk exchange serving contains roughly 15 grams of carbohydrate and each Vegetable exchange serving contains roughly 5 grams of carbohydrate. Fat and protein content of foods should also be monitored for overall good health.

General Guidelines

- Know the number of exchanges or carbohydrates you have available for the meal.
- Request a take-home container at the beginning of the meal. Take home the additional food beyond the servings you can eat at your meal.
- Most health professionals recommend a diet plan low in fat.

Selected Menu Items

Appetizers

Spinach Artichoke Dip w/ Chips: 1/4 serving

Carbohydrates: 25 grams

Exchanges

starch-1.5

fat-3.25

meat-1.25

vegetable-1

Santa Fe Egg Roll Appetizer: 1/4 serving

Carbohydrates: 20.5 grams

Exchanges

starch-1.5

meat-.5

fat- 3

Soups & Salads

Salad carbohydrate and exchange information does not include salad dressing.

Colton's Side Dinner Salad

Carbohydrate: 15 grams

Exchanges

starch- .5

meat: .5

vegetable- 2

fat- 1

Mexican Tortilla Soup (6 oz)

Carbohydrates: 27 grams

Exchanges

starch- 2

Loaded Baked Potato Soup (6 oz)

Carbohydrates: 11.5 grams

Exchanges

starch-1

fat-2

medium fat meat-.5

Fried Chicken Salad

Carbohydrates: 65

Exchanges

starch-3

vegetable-4

high fat meat-4.5

fat- 4

Mesquite Grilled Chicken Salad

Carbohydrates: 26

Exchanges

other carbohydrates-.5

very lean meat-5

medium fat meat-2

vegetable-1

fat-2

Grilled Sirloin Salad

Carbohydrates: 26

Exchanges

very lean meat-5

medium fat meat-2

vegetables-3

starch-.5

fat-5

Sandwiches

Carbohydrate and exchange information is for sandwich only.

Lonesome Burger

Carbohydrates: 51 grams

Exchanges

starch- 2.

vegetable-1

meat- 6

fat- 5

Mesquite Grilled Chicken Sandwich

Carbohydrates: 41

Exchanges

starch-2.5

very lean meat-5

vegetables-1

fat-1

Entrees

Carbohydrate and exchange information is for entrée only.

Blackened Salmon

Carbohydrates: 0

Exchanges:

very lean meat- 7

Hawaiian Chicken w/out Rice

Carbohydrates: 9

Exchanges

very lean meat-6.5

fruit-.5

fat-.5

Mesquite Grilled Chicken w/out Rice

Carbohydrates: 0

Exchanges

very lean meat-6.5

Filet Mignon (7 oz)

Carbohydrates: 2

Exchanges

medium fat meat-6

fat-4

Sirloin (7 oz)

Carbohydrates:2

Exchanges

very lean meat-6

fat-4

Grilled Shrimp

Carbohydrates-.62

Exchanges

lean meat-3.5

Grilled Pork Chops

carbohydrates-4

Exchanges

medium fat meat-10

vegetables .5

Colton's Combos-Grilled Shrimp and Mesquite Chicken

Carbohydrates-0

Exchanges

very lean meat-6

lean meat-1.75

Colton's Combos-7 oz. Sirloin and Grilled Shrimp

Carbohydrates-2

Exchanges

very lean meat-6

lean meat-1.75

fat-4

Sides

French Fries (7 oz)

Carbohydrate: 48 grams

Exchanges:

starch – 3

fat – 2.75

Smashed Potatoes (4 oz)

Carbohydrate: 16 grams

Exchanges

starch- 1

fat -1

Steamed Vegetables (8 oz)

Carbohydrate: 14

Exchanges

vegetable- 3

fat- 2

Cole Slaw (4 oz)

Carbohydrate: 11

Exchanges

vegetable- 2

fat- 1

Baked Potato (plain)

Carbohydrate: 72

Exchanges:

starch- 4.5

Sweet Potato (plain)

Carbohydrate: 37

Exchanges:

starch- 2.5

Condiments and Dressings

Gold BBQ Sauce (2 oz.)

Carbohydrate 26 grams

Exchanges

other carbohydrates: 2

Colton's Homemade House Dressing (2 oz.)

Carbohydrate 9 grams

Exchanges

other carbohydrates: .75

fat- 3.75

Italian Dressing (2 oz)

Carbohydrate: 3 grams

Exchanges

fat-4

Hidden Valley Ranch Dressing (2 oz.)

Carbohydrate: 4 gram

Exchanges

other carbohydrates-.25

fat- 4.25

Bleu Cheese Dressing (2 oz.)

Carbohydrate: 4 grams

Exchanges

other carbohydrates: .25

fat-6.5

Honey Mustard (2 oz.)

Carbohydrate: 11 grams

Exchanges:

other carbohydrates: .75

fat- 3.5

Catalina Dressing (2 oz.)

Carbohydrate: 14 grams

Exchanges:

other carbohydrates: 1

fat- 3.75

Fat Free Ranch Dressing (2 oz)

Carbohydrate: 17 grams

Exchanges:

other carbohydrates: 1.25

Fat Free Raspberry Vinaigrette (2 oz)

Carbohydrate: 34

Exchanges

other carbohydrates: 2.25