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Type 2 Diabetes Menu: Improving Patient Food Choices in an Inpatient Setting

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Our focus was on improving food options for patients with type 2 diabetes. In collaboration with Dr. Katcher, Dr. Variar, and Covenant Hospital, we discussed ways to modify their existing menu to provide lower carbohydrate (carb) options for hospitalized individuals with type 2 diabetes.

# Root Causes

### 1. Current Menu Options

The previous menu provided an unrealistic approach to choosing lower carb options for a patient with type 2 diabetes.

#### 2. Current Menu Layout

The previous layout listed high carb options that made it difficult for patients with diabetes to discern lower carb options from higher carb options.

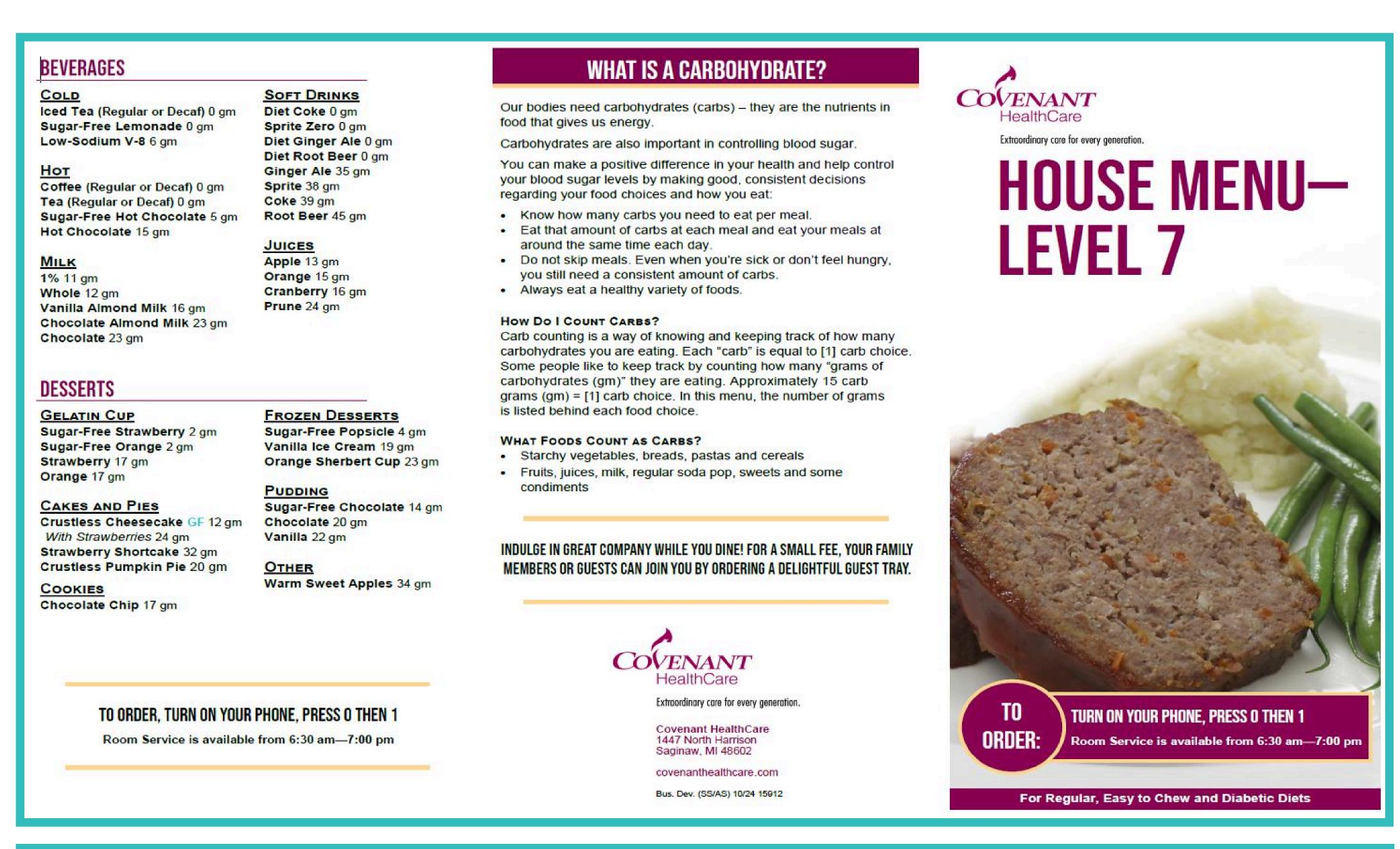
### Importance

Based on the current menu options and menu organization, patients with type 2 diabetes were choosing higher carb foods.

### Goals

Goals included providing an easier to read and understand menu options to help patients make healthy, low carb food choices while in the hospital.

Figure 1. Updated menu design with improved layout.





### Current State

As of November 2024, a new menu has been developed and put in place at the hospital, which includes listing food items in order from lowest carbs to highest carbs to encourage patients with type 2 diabetes to choose lower carb options.

Both Dr. Variar and Dr. Katcher worked in collaboration to discuss the importance of making the change and after multiple meetings with the Head of Kitchen at Covenant, we agreed upon developing an improved menu for patients.

#### Successes

The new menu was implemented after Covenant used their graphic designer to make the menu easier to read. Positive feedback has been reported by the patients via the Patient Family Advisory Committee and and after-discharge survey.

## Barriers

Barriers included how to incorporate coming to a middle ground on the layout that meets both the needs of the Covenant Hospital kitchen and the needs of patients with type 2 diabetes.

### Recommendations

Continued monitoring and education to patients when inpatient to ensure understanding of appropriate options, which include MCT2D suggestions.

Figure 2. Original menu design.

