



# Learning Objectives and Education Codes



This section includes all learning objectives and education codes used in *Balancing Your Food Choices: Nutrition and Diabetes*. Instructors who use the PCC Ambulatory Encounter Record need to document all diabetes education in the Patient Education Section of the PCC using the current IHS Patient Education Protocols and Codes (PEPC) for diabetes.

Review *Balancing Your Life and Diabetes—Learning Objectives and Education Codes*, p. XV, for information on PCC documentation using the education codes or visit [www.ihs.gov/medicalprograms/healthcare/clinicalguidelines/ProvPtEd.asp](http://www.ihs.gov/medicalprograms/healthcare/clinicalguidelines/ProvPtEd.asp).

## Session 1

### **DMCN-FL Introduction to Food Labels**

**Outcome: The individual/family will understand the basics of food labels.**

**DMCN-FL-1** Identify at least four items of information on a food label, including serving size, total calories and amounts of carbohydrate and fat.

**DMCN-FL-2** State that ingredients on the food label are listed in the order of their amount from greatest to least.

**DMCN-FL-3** Define the words “free,” “low,” “reduced/less” and “light/lite” on the food label.

**DMCN-FL-4** Describe two or more ways to use the food label to make healthy food choices.

**DMCN-FL-GS** State or write a personal plan for using food labels.

## Session 2

### **DMCN-CC Introduction to Carbohydrate Counting**

**Outcome: The individual/family will understand the basics of carbohydrate counting.**

**DMCN-CC-1** Describe carbohydrate counting in simple terms.

**DMCN-CC-2** Identify the carbohydrate food groups and list two or more foods in each group.

**DMCN-CC-3** Define a carbohydrate serving.

**DMCN-CC-4** State two or more benefits of carbohydrate counting to reach and stay at target blood sugar goals.

**DMCN-CC-5** Identify the number of carbohydrate servings needed at each meal.

**DMCN-CC-GS** State or write a personal plan for carbohydrate counting.

## **Session 3**

**DMCN-EL** **Introduction to Exchange Lists**

**Outcome:** **The individual/family will understand the basics of exchange lists.**

**DMCN-EL-1** Describe exchange lists in simple terms.

**DMCN-EL-2** Identify the exchange lists.

**DMCN-EL-3** Identify two or more foods in each exchange list.

**DMCN-EL-4** Define one exchange.

**DMCN-EL-5** Describe two or more benefits of using exchange lists to make healthy food choices.

**DMCN-EL-GS** State or write a personal plan for using exchange lists.

## **Session 4**

**DMCN-FS** **Introduction to Food Shopping**

**Outcome:** **The individual/family will understand the basics of food shopping.**

**DMCN-FS-1** Identify two or more sources of food.

**DMCN-FS-2** Identify two or more ways to choose healthy food when shopping.

**DMCN-FS-3** Make a shopping list that includes healthy food choices.

**DMCN-FS-4** Identify two or more ways to save money when buying healthy food.

**DMCN-FS-GS** State or write a personal plan for food shopping.

## Session 5

### **DMCN-HC**                      **Introduction to Healthy Cooking**

**Outcome:**                      **The individual/family will understand the basics of healthy food preparation.**

**DMCN-HC-1**                      Describe two or more ways to use less sugar in cooking.

**DMCN-HC-2**                      Discuss the use of sugar substitutes in cooking.

**DMCN-HC-3**                      Describe two or more ways to use less fat in cooking.

**DMCN-HC-4**                      Describe two or more ways to use less sodium in cooking.

**DMCN-HC-5**                      State two or more ways to handle food safely during preparation and storage.

**DMCN-HC-GS**                      State or write a personal plan for healthy cooking.

## Session 6

### **DMCN-EA**                      **Guidelines for Eating Away From Home**

**Outcome:**                      **The individual/family will understand the basics of healthy eating away from home.**

**DMCN-EA-1**                      Identify two or more things that may affect a person's food choices when eating away from home.

**DMCN-EA-2**                      Identify two or more ways to plan ahead for healthy food choices when eating away from home.

**DMCN-EA-3**                      Identify two or more ways to make healthy food choices when eating away from home.

**DMCN-EA-GS**                      State or write a personal plan for eating away from home.

## Session 7

### **DMCN-AL Guidelines for the Use of Alcohol**

**Outcome:** The individual/family will understand the basics of using alcohol with diabetes.

**DMCN-AL-1** State two or more ways alcohol can affect a person with diabetes.

**DMCN-AL-2** State two or more guidelines for the use of alcohol.

**DMCN-AL-3** State two or more situations when it is important to not drink alcohol.

**DMCN-AL-GS** State or write a personal plan for the use of alcohol.

## Session 8

### **DMCN-D Guidelines for Evaluating Diets**

**Outcome:** The individual/family will understand the basics of evaluating diets.

**DMCN-D-1** Describe “dieting” in simple terms.

**DMCN-D-2** Describe how to know if a diet is healthy.

**DMCN-D-3** Identify two or more problems that may happen with an unhealthy diet.

**DMCN-D-4** Discuss how to find reliable resources for nutrition facts and answers to questions about dieting.

**DMCN-D-GS** State or write a personal plan for evaluating diets.

