

Nutrition for Kids with Diabetes

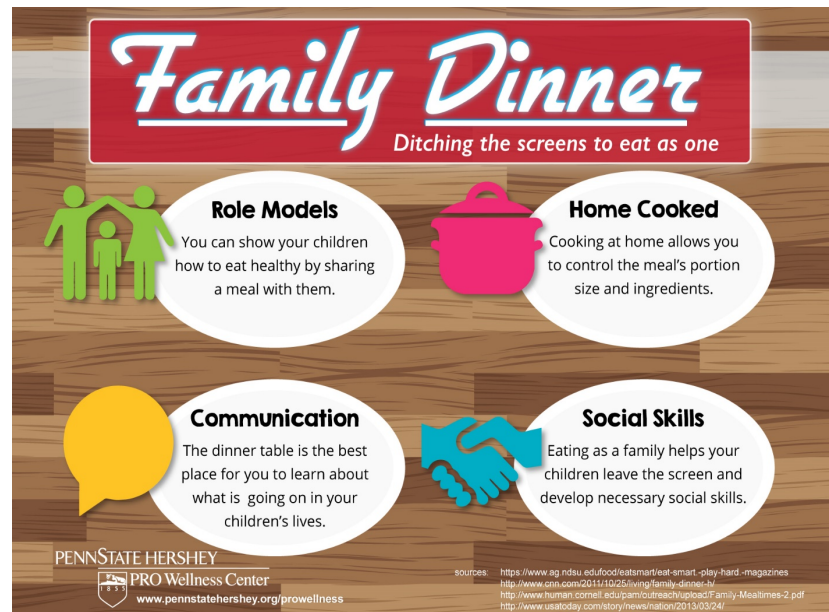
Healthy eating habits are a key component for healthy living. Here are some tips and guidelines for children with type 1 diabetes:

American Diabetes Association Recommendation:

It is important to provide adequate food intake to promote proper growth and development in all children. It is especially important for youth with type 1 diabetes because they must integrate insulin regimens into usual eating and physical activity habits. Children and adolescents should develop healthy eating habits to ensure an adequate intake of essential vitamins and minerals.

Things to think about:

- All family members should be following a healthy meal, not just the child with diabetes
- Consider child's appetite and food preference to help develop meal plans
- Consultation with a registered dietitian with experience in pediatric nutrition and diabetes
- Meal plans must be individualized
 - Food preferences
 - Appetites
 - Cultural influences
 - Physical activity patterns
 - Family eating patterns/schedules

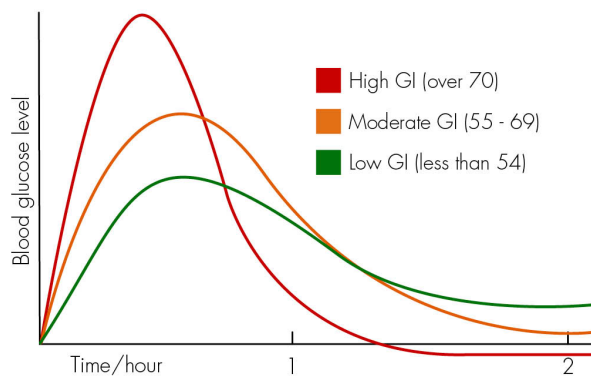


- Healthy food options
 - Fresh fruit
 - Vegetables
 - Lean protein
 - Dairy products – milk, yogurt and cheese
 - High fiber breads and cereals

Nutrition for Children with Diabetes

- Less than 10% of energy intake should be come from saturated fats
- Glycemic index – numerical value assigned to food based on how it impacts blood sugars; the lower the GI, the less effect it has on blood sugars
- Healthy relationship with food is essential – flexibility, not restriction, is the key
- Get even with challenging foods – don't avoid them
- Involve children in carb counting as early as possible – don't do all the work for them if they have the ability to participate

The Glycemic Index



Broccoli	10	Canned kidney beans	52	Corn chips	72
Tomatoes	15	Orange juice	52	Watermelon	72
Peach	28	Sweet potato	54	Soda drink	72
Apple	36	Brown rice	54	Honey	73
Chickpeas	42	Sweet corn	55	French fries	76
All bran	42	Banana	56	Doughnut	76
Orange	43	Beetroot	64	White bread	79
Long grain rice	47	Cous cous	65	Cornflakes	84
Green pea	48	Table sugar	65	Baked Potato	85
Oat bran bread	48	Whole wheat bread	68	Dates	100
Carrots	49				



- Problem solve with children – they may be more open to incorporating the solution if they participate in the decision-making
- Be mindful of disordered eating, signs/symptoms may include:
 - Elevated A1c in a knowledgeable patient
 - DKA frequency
 - Anxiety about being weighed
- Key is to negotiate realistic glucose levels, weight and behavioral goals and encourage positive communication – avoid perfection

- Insulin timing – optimize for success
 - Best BG response if insulin is administered pre-meal (safety with young children a key consideration)
- Blood glucose values provide information about responses to foods eaten and ideas for optimal insulin delivery to reduce blood glucose swings (use of continuous glucose monitor is ideal)