

# Diet and type 1 diabetes

Principles of Appropriate Diet

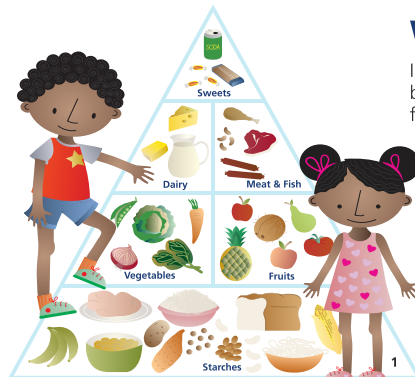


- Having in mind, proper growth and good blood glucose control, a balanced meal containing whole grains, vegetables and fruits needs to be planned for the child.
- If the child with diabetes is taking fixed amount of insulin, it is ideal to have fixed amount of carbohydrates and eat more or less at the same time every day.
- If the child and parents are able to understand the link between carbohydrates and insulin and are ready to learn self-adjustment of insulin doses, it is always good to give flexible diet with multiple doses of insulin.
- Always have timely snacks and meals to prevent hypoglycaemia and carry sugar or glucose or candies to treat hypoglycaemia.
- Diet plan must be made keeping in mind the liking of the child which includes region, religion, economical and family traditions and values.



- Skip meals and/or skip insulin.
- Think a diabetic diet means tasteless, boiled or bitter foods while making a diet plan.
- Be too strict on diet as it can lead to psychosocial problems and nutritional deficiency.
- Have lots of "sugar free" diabetic foods, as even though they don't contain sugar, they contain other carbohydrates which will affect blood sugar levels.
- Insist on sticking to a diet plan, even when the child is not able to follow it.

I work with my nurse to make my own food pyramid



## What should I eat?

I eat more from the groups at the bottom of the pyramid and avoid foods from the top



## Key facts

**A happy family eats together.**  
Encourage the whole family to have same balanced healthy diet together

**The only difference for children with diabetes is that they need to balance the quality, quantity and timing of their meals with the amount of insulin they take and with their activity level or vice versa**

1. [http://www.pmsiforlife.com/diabetes\\_quality\\_practice/Patient%20Resource/20607428\(20\)\\_Food%20Pyramid%20Tearsheet.pdf](http://www.pmsiforlife.com/diabetes_quality_practice/Patient%20Resource/20607428(20)_Food%20Pyramid%20Tearsheet.pdf) - Accessed on 13 oct 16