



Healthy Eating and Diabetes for Children and Young Adults

Food and Diabetes: What can I eat?

Diabetes does not mean following a strict diet or avoiding all the foods you enjoy. What is good food for children and young people with diabetes is good for the whole family.

What is important?

- *Eat regular starchy meals and snacks*

Starchy carbohydrate foods, such as breads, breakfast cereals, potatoes, pasta and rice eaten regularly will help to prevent hypoglycaemia (low blood sugar). It is always a good idea to have 3 meals each day, with snacks between your meals and at bedtime.

- *Eat a variety of foods*

These will provide you with all the nutrition that you need for a healthy life.

- *Don't eat too much fat*

Fatty foods are not forbidden, but you need to eat smaller amounts. Try to avoid full fat dairy foods (e.g. milk, cheese, yogurt), fatty meats, fried foods, pastries, pies, cakes, crisps etc.

- *Eat more fruit and vegetables*

You should aim for 5 portions every day. Remember that it can be useful to have fruit as a snack as it is low in fat and high in fibre too.

- *Don't eat sugary foods too often*

You can eat small amounts of foods containing sugar, but try to choose lower sugar alternatives when you can. It is a good idea to choose sweeteners instead of sugar; plain or fruit biscuits; diet or sugar free soft drinks etc. You could choose smaller portions of sweet foods after a main meal, as a dessert. Do not choose special "diabetic foods".

- *Appetite*

After diagnosis, many children and young people with type 1 diabetes find that they have a much bigger appetite. Don't worry too much about this, as it usually settles within a few weeks. Fill up with lots of sensible foods, such as breakfast cereal, toast, sandwiches and fruit.



Example meal plan

This is an example meal plan. Remember to include carbohydrate at each meal or snack, some of which should be starchy. These are underlined to help your choices.

Breakfast	<u>Breakfast cereal</u> with <u>milk</u> or <u>toast, crumpet, English muffin, plain or fruit scone, teacake or scotch pancake</u> with low fat margarine and <u>pure fruit spread</u> or <u>baked beans</u> on <u>toast</u> or fresh <u>fruit</u> salad with virtually fat free or diet <u>yogurt</u>
Mid morning	<u>Plain biscuits</u> (e.g. rich tea / oatmeal / digestive / ginger / fruit) or <u>toast</u> with low fat margarine or <u>bread sticks</u> or <u>crackers</u> and low fat cheese spread or <u>fruit</u> – fresh, dried or tinned in natural juice
Midday meal	Lean meat, poultry, fish, eggs, <u>beans, pulses, soya, tofu, Quorn or nuts</u> with <u>bread, wraps, chapattis, roti, rice, pasta, cous cous or potato</u> with vegetables or salad followed by <u>fruit, yogurt</u> or lower sugar pudding (e.g. low sugar <u>custard</u> / <u>rice pudding</u> , sugar free jelly)
Mid Afternoon	As for mid-morning
Evening meal	Lean meat, poultry, fish, eggs, <u>beans, pulses, soya, tofu, Quorn or nuts</u> with <u>bread, wraps, chapattis, roti, rice, pasta, cous cous or potato</u> with vegetables or salad followed by <u>fruit, yogurt</u> or low sugar pudding
Mid evening / bedtime	<u>Breakfast cereal</u> with <u>milk</u> or <u>toast, crumpet, English muffin, plain or fruit scone, teacake or scotch pancake</u> with low fat margarine and <u>pure fruit spread</u> or <u>plain biscuits</u> (e.g. rich tea / oatmeal / digestive / ginger / fruit) or <u>bread sticks</u> or <u>crackers</u> and low fat cheese spread or <u>fruit</u> – fresh, dried or tinned in natural juice

For more information, please contact your local diabetes team

Name..... Telephone.....

Or visit useful local websites, such as: www.leicestershirediabetes.org.uk;
www.lnds.nhs.uk; or Diabetes UK, on www.diabetes.org.uk (telephone 020 7424 1000)

