

Healthy Eating Habits for the School Age Child with Diabetes

- Frequent meals/snacks are still required at this age. Kids should be eating at regular intervals, with 3 meals and 2-3 snacks per day. Even patients on pump therapy benefit from eating at regular intervals.
- Try to incorporate a protein source at every meal/snack. Examples include; milk/dairy, meat, beans or nuts. This can promote more stable blood sugars.
- Increase the amount of fruits and vegetables your child is getting. Provide at least one serving of either a fruit or vegetable at every meal.
- Sugar-Free does not always mean healthy! It is more important that the foods/drinks you provide give proper nutrition. For example it is healthier to provide low fat milk as a beverage with lunch instead of a diet soda.
- Incorporate healthy eating habits for the whole family. Avoid “diabetic foods” and a “diabetic diet”. Healthy dietary habits are important to everyone!
- Be aware of “Hidden Carbs”:
 - Ketchup: 4 grams/Tablespoon
 - BBQ sauce: 6 grams/Tablespoon
 - Teriyaki Sauce: 2 grams/Tablespoon
 - Gravy: 18 grams/1/4 Cup
- Eating foods in the whole form typically will impact the blood sugar less. Eat whole fruits rather than juice, whole grains, brown rice, unprocessed oats.