

To eat or not to eat carbs...

That is the question

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DiSH

Learning Objectives

- Examine the 2021 ADA Diabetes Care Guidelines for Medical Nutrition Therapy in Individuals with Type 1 and Type 2 Diabetes
- Evaluate the evidence for different dietary patterns in pediatric patients with Type 1 and Type 2 Diabetes
- Discuss strategies to help pediatric patients with diabetes integrate nutrition recommendations at school

ADA Standards of Care 2021

Nutrition Therapy for Children & Adolescents

- **Individualized** medical nutrition therapy is recommended for children and adolescents with type 1 diabetes as an essential component of the overall treatment plan
- Monitoring carbohydrate intake, whether by **carbohydrate counting or experience-based estimation**, is key to achieving optimal glycemic control
- Comprehensive nutrition education at diagnosis, with annual updates, by an experienced registered dietitian nutritionist is recommended to assess caloric and nutrition intake in relation to weight status and cardiovascular disease risk factors and to inform macronutrient choices

Dietary management should be *individualized*.

Family Habits

Food Preferences

Religious or
Cultural Needs

Finances

Schedules

Physical Activity

Numeracy

Literacy

Self-Management
Skills

What does the research say about nutrition & T1D?

Paleo

Keto

Vegan/
Vegetarian

Whole 30

Intermittent
Fasting

“There is inadequate research to support one eating plan over another for type 1 diabetes at this time.”

Concern for disordered eating is high in this population.

What do we know?

Carbohydrate foods matter.



Minimize intake of refined carbohydrates and added sugars.



Focus on carbohydrates from vegetables, legumes, fruits, dairy (milk & yogurt), and whole grains.

What does the research say about nutrition & T2D?

Low Carb

Mediterranean
Diet

Vegetarian/
Plant-Based

Very little evidence based on studies conducted in children/teens.

What do we know?

Food and beverage choices matter.



Minimize intake of calorie-dense foods low in fiber, vitamins and minerals, and high in added sugar, solid fat and sodium, particularly sugar-sweetened beverages



Focus on nutrient-dense, high-quality foods like vegetables, legumes, fruits, lean proteins, and whole grains.

Nutrition at School

- Connect with RDN/care team if patient would benefit from alternative meal/beverage options that require a note of medical necessity including:
 - Whole fruit instead of canned fruit
 - White milk instead of chocolate milk
- Assist with carbohydrate counting as needed
- Work with patient regarding timing of insulin around mealtimes
- Others?



Questions?