

Eating for Health

with Diabetes

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DiSH

Learning Objectives

- Compare established nutrition guidelines for youth with Type 1 and Type 2 Diabetes
- Demonstrate how established nutrition guidelines can be integrated into healthy eating patterns
- Evaluate strategies to support nutrition for wellness for individuals with Type 1 and Type 2 Diabetes

ADA Standards of Care 2022

Nutrition Therapy for Children & Adolescents with Type 1 Diabetes:

- Individualized medical nutrition therapy is recommended for children and adolescents with type 1 diabetes as an essential component of the overall treatment plan

Nutrition Therapy for Children & Adolescents with Type 2 Diabetes:

- Nutrition for youth with prediabetes and type 2 diabetes, like for all children and adolescents, should focus on healthy eating patterns that emphasize consumption of nutrient-dense, high-quality foods and decreased consumption of calorie-dense, nutrient-poor foods, particularly sugar-added beverages.

What foods should people with diabetes **avoid entirely**?

Foods they are sensitive or allergic to....

That's it!

What foods should people with diabetes **prioritize**?

Foods that are high in nutrient value

- Fiber
- Vitamins/Minerals
- Unsaturated Fats

Fruits

Vegetables

Legumes

Lean
Proteins

What foods **can** be included in a healthy diet for a child or adolescent with diabetes?

Foods with lower nutrient density

- Less fiber
- Less vitamins/minerals

Poptarts

Cereal

Cake

Pizza

Ice Cream

Candy

Goldfish

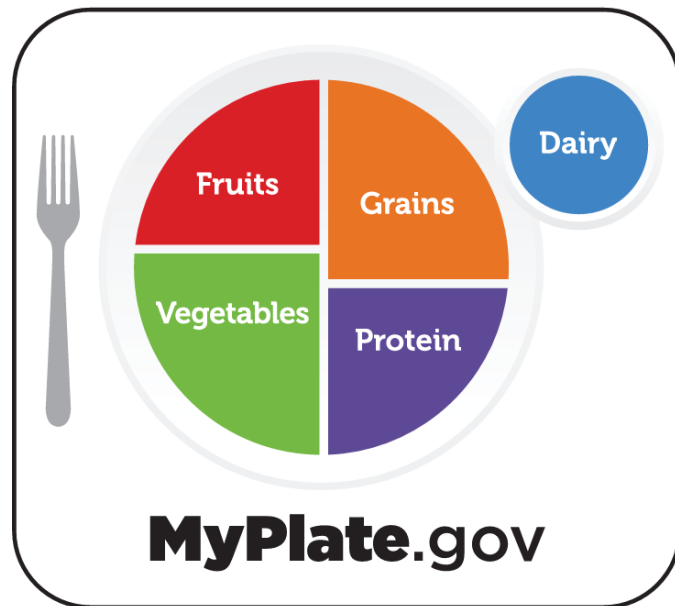
Soda

Fruit Juice

Cookies

How does that translate into a meal?

Can look like this...



How does that translate into a meal?

Or like this...



Or like this...



Or like this...



A meal is just one piece of the nutrition puzzle

Nutrition recommendations should be *individualized*.

Family Habits

Food Preferences

Religious or
Cultural Needs

 Finances

Schedules

Physical Activity

Numeracy

Literacy

Self-Management
Skills

Nutrition at School (and Everywhere Else!)

- Discuss food in a positive light
 - Food fuels our body
 - Different foods provide different types of fuel
 - Avoid labeling foods as “good” or “bad”, same for blood sugars!
- Shame around food and blood sugars can facilitate missed insulin
- Disordered eating is common in people with diabetes
- Facilitate mindfulness around snacking
 - True hunger vs. boredom/stress/sadness

WHAT TO SAY INSTEAD OF "THIS IS GOOD FOR YOU"

Printables are [HERE!](#)

AGE: 0-3

"Red foods make your heart strong."

AGE: 3-5

"Red foods have something in them called lycopene that is red. It helps protect your heart and body for a long time."

AGE: 6-11

"Lycopene is an antioxidant. Antioxidants help protect our heart, skin, and other parts of our bodies for a long time. It gives red foods their red color."

AGE: 12+

"Lycopene is an antioxidant. Antioxidants protect our bodies from free radicals and oxidative stress [learn more]. It helps protect from cancer, heart disease, and more [learn more]."

Kids Eat in Color



HOW TO TALK ABOUT ICE CREAM instead of saying it's "unhealthy"

AGE: 0-3

"Ice cream give us energy and helps our bones."

AGE: 3-5

"Ice cream gives us quick energy and helps our bones a little bit."

AGE: 6-11

"Yogurt, gives us energy, and helps us build strong muscles and bones. Ice cream also does that, but not as much. Yogurt has a lot, like a bucket of Lego bricks. Ice cream has a little, like a cup of Lego bricks."

AGE: 12+

"There are foods that do the same things, but to different degrees. We call this 'nutrient density.' Yogurt and ice cream have protein, calcium, and more. But ice cream has less of those things than yogurt, so it is less nutrient dense."

Kids Eat in Color



Resources

- ADA Guidelines 2022. Chapter 14: Children and Adolescents
 - https://diabetesjournals.org/care/article/45/Supplement_1/S208/138922/14-Children-and-Adolescents-Standards-of-Medical
- Kids Eat In Color.
 - <https://kidseatincolor.com/>
- USDA MyPlate
 - <https://www.myplate.gov/>
- Academy of Nutrition and Dietetics
 - <https://eatright.org>

For Discussion

Do you have a food/nutrition experience with a child/adolescent that you'd like to share?