

It's very important that children with diabetes consume their meals and snacks at the same time everyday. They usually need an afternoon snack at school if they have an early lunch or they may need a morning snack if they have a late lunch. Snacks times are dependent on the child's daily schedule.

Components of food that affect the blood sugar:

Simple Carbohydrates:

- Contain naturally occurring sugars that can be rapidly converted into glucose and enter the bloodstream shortly after consumption
- Many of these do not contain much nutritional value but do contain calories
- Examples: soda, sweets, candy

Complex Carbohydrates:

- Conversion to glucose happens at a slower rate, therefore not causing a sharp peak in your blood sugar
- Focus on fiber with the complex carbohydrates
- Examples: whole-grain noodles, vegetables, whole grain rice

Protein and Fat

- Combined at a meal with carbohydrate do not cause the blood sugars to rise as quickly
- Examples of protein: eggs, meat, peanut butter, cheese, and nuts
- Often protein foods can be high in fat, therefore it's important to choose lean meats and low fat dairy products

Common Foods for Packed Lunches:

	<u>Carbohydrates</u>	<u>Calories</u>
Turkey sandwich	30	230
Peanut butter sandwich	34	245
1 oz. bag pretzels	22	110
1oz. bag baked chips	23	110
4 oz. packaged cup applesauce	20	80
1 small fresh fruit	15	60
1 oz. pkg of raisins	22	90
1 chocolate chip Chewy granola bar	21	120
1 Swiss Miss van. Pudding cup	21	120
Diet Jell-O	0	0
4 oz low fat, Danimals yogurt	20	120

The packed lunches should have a balance using the food groups (milk, protein, vegetable, and fruit).

\*\*\*Children with diabetes can have a cookie or dessert. They may need to cut out a carbohydrate source from their meal in order to have the dessert; it all depends on their meal pattern. Each child is given specific meal pattern to follow when they are diagnosed.

### Free Food List:

- ◆ Less than 20 calories and 5 grams of carbohydrate

Bouillon or broth

Carbonated or mineral water

Club Soda

Diet soft drinks

Crystal light

Sugar-free Jell-O

Sweeteners

\*\*\*\*\*There are some sugar free foods that still have carbohydrate. Look at the serving size and the grams of carbohydrate on the label

- Sugar free pudding
- Sugar free candy
- Sugar free cookies

### Treating low blood sugars: (15 grams of carbohydrate)

Treat with simple carbohydrates:

½ c. orange juice

5 oz. regular pop

6-7 Lifesavers

1 Tbsp. honey

3-4 glucose tabs

1 tube glucose gel

\*\*\* Treat the low blood sugar with one of the food sources listed above, then follow-up with complex carbohydrate and protein. Example: peanut butter and crackers; cheese and crackers; ½ sandwich. Recheck blood sugar in 20-30 minutes to make sure it's going back up.

### Classroom parties:

Plan ahead. Contact parents ahead of time so they can figure in food from the party into their child's scheduled meal or snack time or bring in their own special snack. Some sweets can be figured into their snack/ meal time as long as they know the grams of carbohydrate per serving. Speak to the diabetic child's parents about possibly sending a note home to all parents about being considerate with the foods they bring in.

### Field Trips:

Bring all diabetic supplies along:

- Glucose meter
- Alcohol swabs
- Insulin (keep it cool)
- Syringes or insulin pen

Don't forget to bring glucose gel/ tabs, peanut butter crackers to treat low blood sugars. Don't forget to bring along the Glucagon. Make sure there is someone designated to give the Glucagon shot if needed.

If the child does not pack his/her lunch for the field trip, he can eat at a fast food restaurant. The child needs to plan ahead on what he/she may order. Most fast food restaurants have nutrition facts for their menu items. If the meal will be delayed, then a small snack may be needed to tie him/her over until he/she is able to eat lunch.

Remember activity can lower the child's blood sugar, so if the field trip has lots of walking an additional snack may be needed. If it's a hot day it's important that the child stays hydrated by drinking plenty of water.

Exercise:

- ❑ Gym class or recess
- ❑ Is encouraged for children to help lower blood sugars. It could lower blood sugars too much and cause a low blood sugar which would need to be treated. It's recommended that the child checks his/her blood sugar before and after exercise. He/she may need a snack before the exercise especially it's been several hours since the child's eaten. To see what snacks are appropriate look at the snack list.
- ❑ If blood sugar is over 300 mg/dl, or if the child has ketones the child SHOULD NOT exercise. The child's blood sugar and ketones will increase if they exercise.
- ❑ Correct fitting footwear (tennis shoes) is recommended

Snack List:

<b>Light Snacks (~15-20 grams CHO/serving)</b>	<b>Medium Snacks (~25-30 grams CHO/serving)</b>
Animal crackers (8)	Small apple (1) & Goldfish crackers (28)
Animal crackers (5) & milk (4oz)	Applesauce, unsweetened (1 cup)
Applesauce, unsweetened (2/3 cup)	Graham crackers (3), peanut butter (1 tsp) & ½ banana
Cheese nips (24)	<u>Pretzel sticks and cheese (individually wrapped)</u>
Cheese-its (29)	<u>Cheese and crackers (1 indiv. pkg)</u>
Saltine crackers (5), peanut	<u>Peanut butter and crackers (1 indiv. pkg)</u>
Ritz crackers (8) & peanut butter (1tsp)	<u>Trail mix (1 ½ oz)</u>
Goldfish crackers (28)	<u>Chex Mix (2/3 cup)</u>
Yogurt, plain (1cup)	<u>Yogurt, fruit flavored (1 cup)</u>
Graham crackers, 2 ½ square (3) and peanut butter (1tsp)	
Cheerios (dry, 1 cup)	
Triscuits (5) & string cheese	

\*\* Please remember to look on the package for the serving size and grams of carbohydrate. Each food item varies in the amount of carbohydrate and what their serving size is.