

Client Name _____ Date _____

RD/DTR _____

Email _____ Phone _____

Nutrition Therapy for Children and Teens with Diabetes

This handout focuses on basic guidelines for choosing foods that will help control blood sugar levels in diabetes and promote heart health.



Meal Planning Tips

- Meet with a registered dietitian (RD), who can help design a meal plan that meets your child's particular nutritional needs.
- Select healthy foods that provide vitamins, minerals, and fiber, as well as carbohydrates. Good choices include fruits, vegetables, whole grains, and fat-free or low-fat milk and dairy foods.
- Choose whole grains for at least half of each day's grain servings.
- For protein, choose lean meats, chicken, turkey, and fish, as well as beans, eggs, and nuts.
- Choose heart-healthy fats, such as olive oil and canola oil.
- Choose beverages without added sugars.

Notes:

Recommended Foods

Food Group	Recommended Foods
Milk and Milk Products	Fat-free or low-fat milk (for children older than 2 years) Soy milk Low-fat or light yogurt Light or low-fat cheese Light or low-fat ice cream
Meat and Other Protein Foods	Lean cuts of meat: at least 90% lean ground beef; sirloin; tenderloin; pork loin, center pork chop; chicken or turkey breast without skin; ground turkey breast; ground chicken breast without skin Peanut butter Soy-based vegetarian “sausage”/”meats” Light or low-fat hot dogs Cooked dried beans, peas, and lentils Nuts Eggs or egg whites
Grains	Whole grain breads, cereals, and pasta Brown rice Whole grain crackers and pretzels Whole grain couscous Whole grain waffles and pancakes
Vegetables	All fresh or frozen vegetables (raw, steamed, roasted, stir-fried, or grilled without added fat)
Fruits	All fresh or frozen fruits Canned fruit in natural juices
Fat and Oils	Canola, olive, or peanut oil Light, tub margarines/spreads (<i>trans</i> fat-free) Light or low-fat salad dressing
Beverages	Water Diet caffeine-free soft drinks or sugar-free beverages sweetened with artificial sweeteners Fat-free or low-fat milk
Other	All condiments, herbs, and spices Sugar-free or light syrup All-fruit spread or sugar-free jelly FDA-approved artificial sweeteners

Foods Not Recommended

The following chart lists foods that are higher in unhealthy fats and low in fiber. These foods should be eaten only occasionally (not every day) and in small amounts.

Food Group	Foods Not Recommended
Milk and Milk Products	Reduced-fat or whole milk (for children older than 2 years) Whole milk yogurt Regular cheese Regular (full-fat) ice cream
Meat and Other Protein Foods	Regular ground beef (80%-85% lean) Chuck ground beef Chicken or turkey legs and thighs with skin Ground turkey or chicken Sausage Hot dogs Salami Bologna
Vegetables	Fried or breaded vegetables
Fruits	Canned fruit in syrup
Fat and Oils	Palm or coconut oil Butter Stick margarine Regular, creamy salad dressings Lard Hydrogenated oil
Beverages	Sugar-containing beverages (not including white milk or 100% fruit juice, which contain natural sugars)

Notes:

Sample 1-Day Carbohydrate Counting Menu

This menu is designed for children ages 6 to 8 years. It includes 45-60 grams carbohydrate for each meal and 15-20 grams carbohydrate for each snack. Ask an RD to review whether this menu is right for your child.

Breakfast	1 cup whole grain cereal 8 ounces low-fat milk ½ large banana
Snack	1 whole grain granola bar
Lunch	½ sandwich: 1 slice whole grain bread, 1 ounce turkey, 1 ounce light cheese, light mayonnaise 1 small apple 1 ounce baked chips 8 ounces low-fat milk
Snack	6 whole grain crackers with 1 tablespoon peanut butter
Evening Meal	¾ to 1 cup whole wheat pasta ¼ cup tomato sauce with two 1-ounce meatballs ½ cup steamed green beans 1 cup tossed salad with 2 tablespoons light dressing 2 teaspoons light, tub spread 8 ounces low-fat milk
Snack	½ cup light ice cream

Notes: