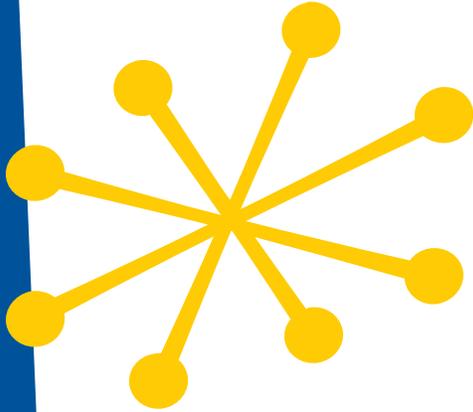


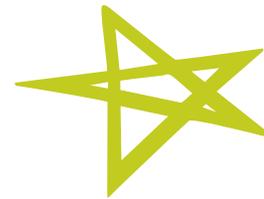


# TIPS FOR KIDS

WITH TYPE 2 DIABETES



## Eat Healthy Foods



### Why do you need to eat healthy foods?

- ★ For energy to learn, play, and live.
- ★ To grow and develop at a normal rate.
- ★ To keep your blood sugar or glucose (GLOO-kos) levels in balance—not too high or too low.
- ★ To help you stay at a healthy weight or help you lose weight slowly.
- ★ To keep your body working properly.
- ★ To help you avoid other health problems caused by diabetes.

### Do kids with diabetes need special foods?

No, they don't! Meals that are healthy for children with diabetes are great for everyone in the family.



### How does food affect your body?

Food is the fuel that our bodies use for energy. The three main sources of fuel are carbohydrates (CAR-boh-HY-drate), protein, and fat. The body changes them into glucose for energy or stores them as fat. A car uses gas for energy—we use glucose! Eating a balance of all these foods every day will help your blood glucose stay in balance and keep your weight where you want it to be.

**Carbohydrates (carbs)** are a good source of energy for our bodies. Many foods contain carbs. Some are better for you than others. If you eat too many carbs at one time, your blood glucose may go up too high. Learn to eat the right amount at meal and snack times to keep your blood glucose in balance.



### These are good carb choices:

- ★ Whole grain foods
- ★ Low-fat or nonfat milk and cheese
- ★ Fresh fruits and vegetables from every color of the rainbow—red, orange, yellow, white, green, blue, and purple.

### Choose these carbs less often:

- ★ White bread and potato chips
- ★ Whole milk and fruit juice
- ★ Sweets and desserts

**Protein foods help to build strong muscles and bones.** Protein foods do not make the blood glucose go up like some carbs do. Protein helps you feel less hungry.

### Foods that contain protein include:

- ★ Meat and poultry without the extra fat or skin
- ★ Fish, low-fat cheese, and eggs
- ★ Dried beans or peas such as kidney, white, split, or blackeye
- ★ Soy products and nuts

**Fats are a good source of fuel for the body** and help you grow. Fat does not make blood glucose go up but too much fat can make you gain weight.

### Choose fats that keep your heart healthy:

- ★ Small portions of salad dressing, “lite” mayonnaise, and margarine in a plastic tub
- ★ Nuts, olives, and vegetable oil
- ★ Avocados

### Choose these high fat foods less often.

#### They are not healthy for your heart:

- ★ Butter, stick margarine, and regular mayonnaise
- ★ Fried foods such as potato chips and french fries
- ★ Meats with fat on them, including bacon and lunch meats
- ★ Cakes, cookies, pies, and other desserts

## What about sugar, sweets, and desserts?

Everyone likes the taste of sweet foods! **Small amounts of foods that contain sugar can be part of a healthy meal plan.** Sugary foods include soda pop, fruit-flavored drinks, syrup, honey, and candy.

Desserts such as cakes, muffins, pies, cookies, and ice cream contain a lot of fat as well as sugar. If you choose to eat any of these sweet foods, just have a small amount at the end of a healthy meal. Have a piece of fruit if you are still hungry.

**Drink water, sugar-free soda pop, and sugar-free fruit drinks if you are thirsty**—instead of fruit juice, regular soda pop, sweetened fruit drinks, and sports drinks that are all high in carbs.

## How much should you eat?

Your height, weight, age, whether you are a boy or a girl, and how active you are will affect how much food you need to eat each day to stay at a healthy weight. Everyone is different. Talk to your doctor or dietitian about how much to eat.

**It's best to spread your food out over the day** and eat breakfast, lunch, and dinner and a couple of snacks as well. You will have a ready supply of energy and you won't get too hungry.

**If you take in more food than your body burns, you will gain weight.**

If you take in less food than your body burns, you will lose weight. Being active and eating smaller amounts of food and fewer sweet or fatty foods can help overweight kids lose weight in a healthy way. You will keep your heart healthy, too.



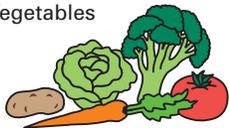
For fun, take the “Portion Distortion Quiz” at <http://hin.nhlbi.nih.gov/portion/>. You will learn how today’s portions compare to the portions 20 years ago and how much physical activity you will need to do to burn up the extra calories in today’s food portions.

## What should you eat?

Use the food groups and serving sizes below as a guide for making healthy choices. Serving sizes vary for different foods but these will give you an idea of the right amounts for most children and teens.

## Your Healthy Food Guide

Vegetables



### One serving equals

- 1/2 cup cooked
- 1 cup raw

**How many servings?**  
5 or more a day

Milk, Yogurt,  
and  
Cheese



### One serving equals

- 1 cup low-fat milk or yogurt
- 2 slices low-fat cheese

**How many servings?**  
2 to 3 a day

### One serving equals

- 1 medium apple or orange
- 1/2 cup chopped, cooked or canned fruit
- 1/2 cup fruit juice
- 1/4 cup dried fruit

**How many servings?**  
2 to 4 a day



Fruits

### One serving equals

- 1 teaspoon vegetable oil
- 1 teaspoon butter or tub margarine
- 5 large olives or 1/8 avocado
- 1 tablespoon “lite” mayonnaise or salad dressing
- 1 to 2 tablespoons nuts

### How many servings?

You get most of the fat your body needs from other foods you eat—so choose only a few extra servings of these heart-healthy fats each day.

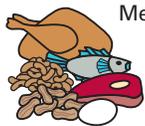


Heart-healthy  
Fats

### One serving equals

- 2 to 3 ounces meat, fish, or chicken
- 1 egg
- 2 tablespoons peanut butter
- 1/3 cup cooked beans or peas such as kidney, white, split, or blackeye

**How many servings?**  
2 to 3 a day



Meat, Poultry,  
Fish, Dry  
Beans,  
Eggs,  
and Nuts

If you choose to eat these foods, have a very small serving.

Soda Pop,  
Candy,  
Cookies,  
and  
Desserts



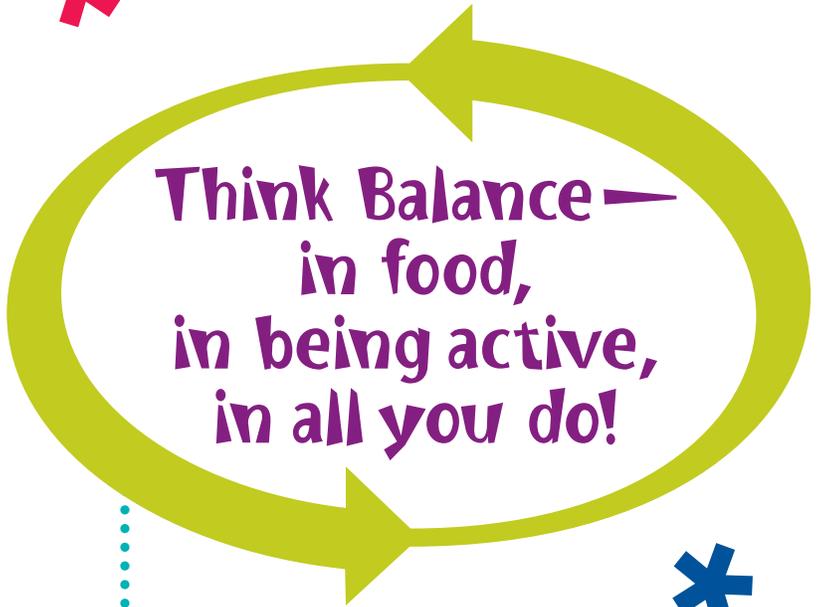
### One serving equals

- 1/2 cup of cooked cereal
- 1/3 cup rice or pasta
- 3/4 cup ready-to-eat cereal
- 1 slice of whole grain bread
- 1/2 bagel

**How many servings?**  
6 or more a day

Breads, Cereals,  
Rice, and Pasta





## Putting it all together!

- ★ Eat meals and snacks at about the same time each day. Try not to skip meals.
- ★ Be as active as you can.
- ★ Drink more water instead of juice or soda.
- ★ Learn more about foods and how much you need to eat.
- ★ Ask your doctor or dietitian for help.
- ★ Take the right amount of insulin or pills at the right times if you need them to help manage your diabetes.

It's not always easy to eat healthy foods when others seem to eat whatever they want. Do the best you can and know that it will make a difference in your life.



A joint program of the National Institutes of Health and the Centers for Disease Control and Prevention

NIH Publication No. 03-5295  
August 2003

**Think Balance —  
in food,  
in being active,  
in all you do!**

## To learn more

A registered dietitian or a diabetes educator can help you and your family make the best food choices.

To find a dietitian near you, contact the **American Dietetic Association**.  
1-800-366-1655 • [www.eatright.org](http://www.eatright.org)

To find a diabetes educator near you, contact the **American Association of Diabetes Educators**.  
1-800-832-6874 • [www.diabeteseducator.org](http://www.diabeteseducator.org)

Also check out:

**American Diabetes Association**  
1-800-DIABETES (1-800-342-2383)  
[www.diabetes.org/wizdom](http://www.diabetes.org/wizdom)



**CDC's Nutrition and Physical Activity website** for more information on healthy eating tips as well as the Kids Walk to School Program at [www.cdc.gov/nccdphp/dnpa/publicat.htm](http://www.cdc.gov/nccdphp/dnpa/publicat.htm).