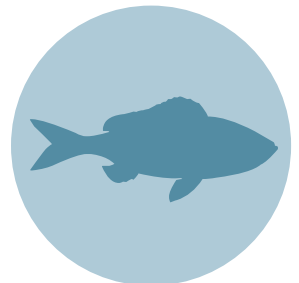


Food and Drink

The dietitian will provide you with dietary information sheets about food and drinks in relation to diabetes.

Guidelines for average daily intake of carbohydrate in relation to a child/young person's age

Age	Female - Carbs/day	Male - Carbs/day
1-3 years	115g	125g
4-6 years	170g	185g
7-9 years	205g	220g
10-12 years	255g	270g
13-14 years	285g	315g
15-16 years	300g	360g
17-18 years	310g	390g



Low Carbohydrate Snacks

The following foods contain little or no carbohydrate (carbs) and can be taken as part of a 15g carbohydrate snack. At diagnosis it is common for your appetite to be greater than normal. You can therefore add the foods that contain no carbohydrate to your normal meals and snacks. This increased hunger should settle in time and you will be able to return to normal portions as advised by your dietitian.

0g carbs	0-5g carbs	5-10g carbs	10-15g carbs
Cheese: e.g. cottage, cheddar, cream cheese, feta, edam Meat: Beef Pork Ham Lamb Poultry: Turkey Chicken Fish Shellfish Eggs Salad (e.g. carrot, cucumber, tomato, lettuce, celery, pepper etc) Vegetables Vegetable crudités Olives Sugar-free jelly Sugar-free ice lollies Salad dressing Mayonnaise Margarine/vegetable oil	Nuts per 30g: Almonds - 2g Brazils - 1g Cashews - 6g Hazelnuts - 2g Peanuts - 1g Peanut butter 30g - 4g Guacamole 50g - 1g Salsa 50g - 5g Coleslaw 50g - 3g Pickled onions/gherkin 30g - 1g Water biscuit (two small) - 5g 1 Breadstick (5g) - 4g 1 tbsp Tomato ketchup/brown sauce (15g) - 4g	Biscuits: 1 Rich Tea - 5g 1 Ginger Nut - 5g 1 Jaffa Cake - 9g 1 Digestive - 10g Crackers: 1 Cream cracker - 5g 2 Original Ryvita Crispbreads - 8g 1 Round oat cake - 6g Fruit: 100g Raspberries - 5g 100g Strawberries - 5g 1 Satsuma - 5g 1 Kiwi - 5g 1 Plum - 5g Hummus 50g - 7g	Bread: 1 medium slice white or wholemeal bread - 15g 2 rice cakes - 13g 1 x 125g diet or natural yogurt - 10g 90g sugar-free Angel Delight - 12g Fruit: 1 medium apple - 15g Grapes (10) - 10g 2 Kiwi fruit - 10g 1/3 Mango - 10g Melon (one slice) - 10g Nectarine - 10g Orange - 10g Peach - 10g Pear - 15g Pineapple (1 slice) - 10g 2 Satsumas - 10g Raisins (1/2 tbsp) - 10g Crisps: 1 small packet - 15g Quavers - 12g Skips - 10g Wotsits - 10g Cereal bars: Alpen Light - 12g Ryvita Goodness - 12g Weetabix Oaty bar - 12g Popped corn (plain) 1 tea cup - 10g

- Please check labels of food as carbohydrate content of foods can vary.
- Due to choking risk do not give whole nuts to children under 5 years.

Snack Ideas

By combining the foods on the lists you can vary the carbohydrate content of your snacks. The following are examples of how you can do this:

- Cooked chicken drum stick - **0g**
- Mixed salad with shredded chicken/beef or prawn with salad dressing - **0g**
- Hard boiled egg + low fat mayonnaise + lettuce and tomato - **0g**
- Veggie Platter - carrot sticks, olives, coleslaw, grated cheese, sliced tomato and lettuce - **3g**
- 30g peanut butter + carrot sticks - **4g**
- 50g guacamole + 50g salsa with vegetable crudités - **6g**
- Bowl of sugar-free jelly with strawberries - **5g**
- Vegetable crudités with 50g hummus - **7g**
- 2 Ryvita with: cream cheese and ham - **8g**
tuna, light mayo and cucumber - **8g**
- 1 round oat cake + 30g peanut butter - **10g**
- Chicken/ham sandwich:
1 medium slice bread with chicken/ham low fat mayonnaise and salad - **10g**
- Egg sandwich:
1 medium slice bread with 1 hardboiled egg, low fat mayonnaise and lettuce - **10g**
- 1 cup popped corn with granulated sweetener or added salt - **10g**
- 2 round oat cakes + cottage cheese - **12g**
- 30g almonds + 1 peach - **12g**
- 2 rice cakes with cheddar cheese and tomato - **13g**
- 1 slice bread with guacamole and sliced tomato - **12g**
- 2 bread sticks + 50g guacamole + 50g salsa - **14g**
- 1 diet yogurt with strawberries - **15g**
- 1 kiwi + slice of pineapple - **15g**
- Packet of Skips + 1 satsuma - **15g**
- 2 Rich Tea biscuits + 5 grapes - **15g**



Insulin Guide for a Large Snack

How to calculate insulin if you are eating a large snack in between meals:

- If a snack contains more than 15g carbs, cover all of the carbs in the snack with bolus insulin.
- To decide what ratio to use for the large snack think about what time you usually have your meals & choose the ratio of the mealtime you are closest to.

Example:

On a school day breakfast usually at 07.00 hours (1:10g ratio) & lunch usually at 13.00 hours (1:20g ratio) but

at 11.00 hours you want to eat a bacon roll (**25g carbs**)
with 1 tbsp ketchup (4g carbs) = **29g carbs**

therefore use lunchtime ratio i.e. $29 \div 20 = 1.5$ units of bolus insulin.

- If the BG is above target before a large snack or a meal only give a correction dose if your last novorapid injection was at least 3 hours ago,

Example:

If breakfast is at 07.00 hours but BG is above target at 11.00 hours (time you choose to eat a large snack), do add a correction dose of insulin

Then at lunchtime (13.00 hours) only give insulin to cover the carbs you are eating even if your BG is above target (as it is less than 3 hours since your last Novorapid injection).



If your BG is often above target between meals you may need to adjust your insulin doses (see pages 6-8 of the day-to-day diabetes management chapter in your diabetes handbook for more information on how to adjust your bolus/basal insulin or speak to a member of the diabetes team)

Additional important points:

- If you are not eating carbs at breakfast, it is advisable to check BG when you wake up & give a corrective dose of insulin as required.
- The first carb intake of the day must be covered with bolus insulin.

Example:

If you usually eat breakfast at 07.00 hours (bolus insulin given),
15g snack at 11.00 hours (no insulin)

and lunch at 13.00 hours (bolus insulin given)

but one day miss breakfast and the first carbs you eat is a 15g carb snack at 11.00 hours;
this snack must be covered with bolus insulin.

