

# First Steps in Food and Diabetes

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Advice about food for children and young people with diabetes,  
and their families

## **Paediatric Diabetes**

## **Patient Information Leaflet**

## Diabetes and Food

Your fast-acting insulin (Humalog, Novorapid, Apidra) injections work mainly on the carbohydrate in your meals. If you eat snacks in between meals without insulin then your blood sugar will rise.

You can usually have more snacks with, or after, activity.

Most people find that they are very hungry after being diagnosed with diabetes, especially if they have lost a lot of weight. If this happens to you, it should settle down after a few weeks, when you have put some weight back on again.

You should try to:

- **Eat regular meals:** meals should contain some starchy carbohydrate such as potato, rice, pasta, bread, or cereal.
- **Keep snacks to a minimum or choose snacks low in carbohydrates:** foods such as meat, cheese, cucumber or carrot sticks will not affect your blood sugar and can be eaten freely. If you want to eat foods containing carbohydrate then try to limit this to one item, e.g. 1 piece of fruit, 1 packet of crisps, 1 slice of toast equal to or less than 15g of carbohydrate.
- If you would like to have bigger snacks (containing more than 15g of carbohydrate), then additional insulin would be required. Please discuss this with your diabetes nurse to agree the dose required.

## Sweet Foods and Drinks

### Sweet foods

Your insulin can cope with most foods, even chocolate, cakes, and biscuits, provided you eat them in moderation, (preferably at meal times).

The only foods and drinks which your insulin cannot cope with are those containing only sugars, for example, sweets such as Haribo, Skittles, Fruit Pastilles, TicTacs, Chewits.

You should only use these for treating hypos as advised by your diabetes team.

You can have sugar free versions e.g. gum and mints. We do not recommend 'diabetic' sweets and chocolates as these are expensive and can have a laxative effect (this will make you go to the toilet a lot).

### Ordinary drinks

It is very important to have:

- Diet instead of ordinary fizzy drinks
- No Added Sugar instead of ordinary or Hi Juice cordials

- If you are not sure, check the carbohydrate content on the label. It should say: Carbs 0.1g per 100ml (or less)
- Fruit juices and milk are allowed at meal times in small amounts but should be avoided between meals.

### **Avoid**

- Energy drinks e.g. Monster, Red Bull
- Sports drinks (apart from with exercise)
- Any type of Lucozade

### **Leaflet Details**

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## **Other formats**

If you would like to receive this information in an alternative format, then please contact : 01539 795497.

## **Travelling to our hospitals**

For the best way to plan your journey visit our website: <http://www.UHMB.nhs.uk/> or contact Patient Advice and Liaison Service (PALS): 01539 795497.

## **Useful Contact Details**

NHS 111 (for 24 hour urgent health advice): telephone 111

## **Your Information**

If you would like to know how we use, share, disclose and secure your information and your rights of access to the information we hold about you, visit the Trust's website: <http://www.UHMB.nhs.uk/> or contact Patient Advice and Liaison Service (PALS) on 01539 795497.

## **Evidence**

Details of the evidence used in writing this leaflet are available on request from: Patient Information Officer at 01524 512476.

## **Feedback**

We appreciate and encourage feedback. If you need advice or are concerned about any aspect of care or treatment, please speak to a member of staff or contact PALS on 01539 795497.

UHMBT is a no smoking Trust. Smoking is not permitted on any of the hospital sites. You can contact the NHS North Lancashire Stop Smoking services on the number below:

**NHS Quit Squad - 0800 328 6297**

If you live in Cumbria, please call **0300 013 3000** to find a local pharmacy who are offers 1-2-1 support and nicotine replacement therapy.

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