

# Diabetes in Children: Healthy Eating at School

When you're at home, you and your family can make healthy food and drink choices to feel better together.

But when your child with diabetes is at school, it's a little different.

Cafeteria food, snack machines, and party foods can be a daily challenge.

Just like at home, it can be helpful to get others on your child's team.

So, let the people at school, especially the principal, teachers, and school nurse, know about your child's health.

Share your child's food needs, such as if your child needs snacks during the day.

Have a food plan for special activities like parties or trips.

Remind your child that it's okay to share information about diabetes with friends and other students.

You may be surprised at how kids can be very supportive and helpful to each other.

Also, empower your child with enough information so that your child feels confident about making smart choices.

This means your child understands things like portion sizes, carb counting, and the foods and drinks they can enjoy eating and what they may need to avoid.

And if you need a little help or support, a diabetes educator can help you and your child find ways to create an eating plan for school so everyone feels better together.