

# Diabetes in Children: 5 Ways to Help Your Child Eat Healthy Meals

Controlling your child's blood sugar starts with what they're eating and drinking.

Here are 5 ways to help your child eat healthy meals.

One: Plan meals.

A plan helps take the stress out of choosing what to eat.

When you can, include a variety of foods from each food group: grains, protein or meat alternatives, vegetables and fruits, and dairy or dairy alternatives.

And try to limit sweet drinks like soda, fruit juices, sweetened coffees, and sports drinks.

Two: Use the plate format or method as your guide.

Put the vegetables, such as a green leafy salad or broccoli, on half the plate.

The protein, like chicken or fish or a meat alternative like tofu, on one-quarter of the plate.

And in the last quarter, put a whole grain like brown rice, or a starchy vegetable like a sweet potato.

Three: Know your carbs.

Potatoes, corn, or baked beans are examples of carbs.

Carbs can cause blood sugar to rise.

Four: Spread out the carbs.

Have your child eat some at all meals, but not too much at one time.

And five: Talk about it.

A dietitian or diabetes educator can help you and your child go on healthy-eating adventures.

And here are two bonus tips for eating out.

Know what portion size is good for your child.

Restaurant portions can be larger than any serving you might have at home.

This program is for informational purposes only. Publisher disclaims all guarantees regarding the accuracy, completeness, or suitability of this video for medical decision making. For all health related issues please contact your healthcare provider.



# Diabetes in Children: 5 Ways to Help Your Child Eat Healthy Meals

If your child uses insulin, check blood sugar before and after eating out.

The things you do to help manage your child's type 2 diabetes aren't just good for your child--they can help everyone feel better together.