

Food and Diabetes: Fact Sheet

- **Children with diabetes need to eat the same healthy foods as all children. This includes a balanced diet that contains carbohydrate, proteins, fats and vitamins and minerals from fruit and vegetables.**
- **Different groups of foods affect the blood glucose levels in different ways.**
- **Carbohydrate foods are broken down into glucose in the body and these foods cause the amount of glucose in our blood to rise.**
- **Quick acting carbohydrates such as sugar, honey, juice drinks and lollies cause our glucose levels to rise quickly. Long acting carbohydrates such as bread, rice, potatoes, milk and fruits cause a slower rise in blood glucose levels.**
- **Foods that have added sugar in them like cakes, ice creams and chocolate have a significant impact on making the levels of glucose in the blood rise. These types of foods should be saved for special occasions.**
- **The best type of fluid to drink for children is water and plain milk.**
- **Sugary drinks such as fizzy drinks and fruit juice should be avoided. The only time these drinks should be used is for the treatment of hypoglycaemia.**