



Dear Children “Friends of Diabetes”

It's time to learn about Diabetes. Let us make a beginning today. We shall talk on how to keep a Balance. The three important factors are, Insulin, Food and Exercise. If you remember that the food you eat is converted to glucose in your stomach. This enters the blood and insulin helps it to enter the cells which use it for energy. In Type 1 diabetes insulin production stops in the body and the daily requirement is made up by injecting insulin with a syringe. To keep the blood sugar from going too low or too high, a balance has to be maintained between the food taken, which provides the glucose, the insulin injected, which helps in utilizing the glucose and physical activity which also uses glucose. This is not difficult. It only requires creating discipline in life. Eat your meals, take your insulin and do your exercise, all punctually. You will enjoy good health and do well at studies.

With every good wish,

Your Uncle



DIET FOR CHILDREN WITH DIABETES

- Insulin and Food are the two main factors, which balance one another.
- The three basic nutrients of diet are, Carbohydrates, Proteins and Fats.
- Carbohydrates provide the maximum calories of the daily requirement.
- The portions of the carbohydrate group comprises of :
Bread, cake and pastry group, cereals, fruits, vegetables and milk.
- Foods with simple sugars as cakes and pastries are absorbed fast from the intestine and cause a rapid rise in blood sugar. These are best avoided.
- Complex carbohydrates as cereals and bread are first broken down in the intestine to simple sugars before being absorbed. This causes a slow rise of blood sugar.
- Vegetables contain carbohydrates but they also have indigestible plant fiber which slows the absorption.
- When starch containing food stuffs and fruit are consumed together with protein and fat as milk, their absorption is slowed.
- A MIXED MEAL is therefore the best. Carbohydrate groups can be exchanged to provide variety.