

## **What to eat with Type 1 Diabetes**

---

Type 1 diabetes is an autoimmune disease which causes the pancreas to stop making insulin. Eating for type 1 diabetes is more about matching insulin to your child/teen's food intake than changing the foods they eat. Your child/teen can eat the same foods as the rest of your family. They do not need special or sugar-free foods. Your registered dietitian will help you to include sweet foods and treats for special occasions, such as birthday parties and Halloween.

### **Carbohydrate**

Carbohydrates are the main part of food that needs insulin to make energy. Your child/teen needs carbohydrates for their energy, growth, and development. Measuring their carbohydrate intake will help you and your medical team to learn how much insulin they need.

This handout is a beginner's guide to "carbohydrate counting". It will help you and your child/teen to know which foods have carbohydrates in them, and how much.

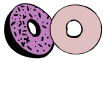







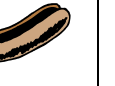


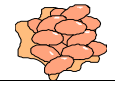











Name: \_\_\_\_\_









Dietitian: \_\_\_\_\_








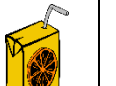
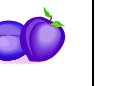



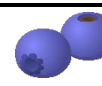

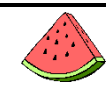


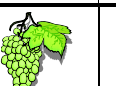


Phone: \_\_\_\_\_









## What to Eat with Type 1 Diabetes








Reading the Nutrition Facts Table on food labels is the best way to find out the grams of carbohydrate in a food. The following is a beginner's guide to carbohydrate counting.

Starch foods – Each has 15 grams of carbohydrate in the serving size listed									
									
Bagel ¼ large ½ small	Bread 1 slice	Whole Grain Crackers 6	Cold Cereal * ½ cup	Croissant ½	English Muffin ½	French Fries 10	Hot Cereal ¾ cup cooked	Hot Dog/ Hamburger Bun ½	Hummus ** 1/3 cup
									
Lasagna 2/3 cup	Legumes** (Black beans, chickpeas, kidney beans, lentils) ½ cup	Potato ½ medium	Thin Breads Pita Bread, Tortilla ½ 6" pita 1 whole, 7"	Thick Breads Naan, Chapati/ Roti, Dosa ¼ of 6" 1 whole, 6" 1 whole, 10"	Taco Shell 2 5" shells	Dinner Roll 1 small	Quinoa, Wheat, Barley, Bulgur ½ cup, cooked	Rice 1/3 cup, cooked	Soup 1 cup
									
Spaghetti, Pasta ½ cup, cooked	Pancakes, Waffles 3" diameter	Pizza * ½ slice							

Starchy Vegetables – Each has 10 grams of carbohydrate in the serving size listed									
									
Carrot ½ cup	Corn 1/3 cup or ½ medium cob	Mixed Vegetables ½ cup	Green Peas ½ cup	Canned Tomatoes 1 cup	Winter Squash ½ cup, cubed	Sweet Potato ½ medium, mashed	Tomato Sauce* 1 cup		


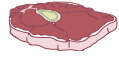






Fruits – Each has 10 grams of carbohydrate in the serving size listed									
									
Tangerine, Mandarin Orange, Clementine 1 medium	Orange 1 small	Kiwi 1 medium	Peach 1 medium	Apple or Pear ½ medium	Cherries 10 cherries	Unsweetened Apple Sauce* 1/ cup or 1 small container	Apple or Orange Juice* 1/3 cup	Plums 2 medium	Strawberries 1 cup
									
Raspberries 1 cup	Blackberries 1 ½ cup	Blueberries ½ cup	Cut Up Fruit ½ cup	Watermelon 1 cup, diced	Pineapple ½ cup, diced	Banana ½ small	Grapes 10 grapes	Dates, pitted 2 dates	Raisins 2 tbsp or 1/3 miniature box

Milk & Alternatives – Each has 15 grams of carbohydrate in the serving size listed									
									
Milk 1 cup	Chocolate Milk ½ cup	Milk Alternatives (soy, almond, coconut, cashew) – Original* 2 cups	Milk Alternatives (soy, almond, coconut, cashew) – Flavoured* 2 cups	Plain Yogurt – Regular or Greek* ¾ cup 1 ½ container (100 g each)	Flavoured Yogurt – Regular or Greek* ½ cup 1 container 2 tubes (60 g each)	Yogurt Drink* ½ cup	Cottage Cheese 1 cup		








Other choices – Each has 10 grams of carbohydrate									
									
Cookies * 1 medium 3" diameter	Granola Bar * Wide Range	Muffin ½ small	Ketchup * 2 tbsp (30 ml)	BBQ sauce * 1 to 2 tbsp (15 to 30 ml)	Jam/Jelly 1 tbsp (30 ml)	Sugar, honey, syrup 1 tbsp			

# What to Eat with Type 1 Diabetes





















## Protein – Each has 0 grams of carbohydrate

									
Poultry (Chicken, Turkey – unbreaded)	Meat (Beef, Pork, Lamb – unbreaded)	Fish (Steaks, Fillets, Canned – not battered)	Cheese	Shellfish	Tofu	Eggs	Bacon		









## Protein – Each has 5 grams of carbohydrate in the serving size listed

									
Chicken or Turkey – breaded (chicken nugget) 1/2 strip	Meat (Beef, Pork, Lamb – breaded) 2 oz	Fish (Steaks, Fillets, Canned – battered) 1/2 fillet	Peanut Butter 1 tbsp	Nuts (Peanuts, Pecans, Walnuts, Almonds, Cashews) 1/4 cup	Seeds (Pumpkin, Sunflower) 1/4 cup	Edamame 1/4 cup			





## Vegetables – Each has 0 grams of carbohydrate

									
Cabbage	Lettuce	Tomato	Cucumber	Zucchini	Cauliflower	Celery	Onions	Beans (Yellow or Green)	Bean Sprouts
									
Spinach	Greens	Radishes	Peppers	Broccoli	Brussels Sprouts	Asparagus	Mushrooms	Parsley	Rhubarb

## Fats & Oils – Each has 0 grams of carbohydrate

									
Vegetable Oil (canola, olive, avocado)	Avocado	Margarine	Butter	Salad Dressing *	Mayonnaise	Gravy *	Lard/ Shortening		

## Carbohydrate Free – Each has less than 5 in the serving size listed, but may contain more carbohydrates if eaten in large amounts. Be sure to check the label.

									
Diet Jello (1 container)	Diet Pop (1 can)	Milk Alternatives (soy, almond, chashews) - unsweetened 1 cup	Spreadable Cheese Wedges/ Cheese Strings (1 package)						

\* The carbohydrate amount in this food varies greatly depending on the brand/variety. Read the “Nutrition Facts” table on the product label to find the amount of carbohydrate.

## How do I read food labels?

To count grams of carbohydrate on a food label:

**Old Mill**

### 1. Look for the:

Serving size

Carbohydrates

Fibre

Nutrition Facts	
Per 1 bagel (85 g)	
Amount	% Daily Value
Calories 220	
Fat 1.5 g	2%
Saturated 0.3 g	
+ Trans 0 g	2%
Cholesterol 0 mg	0%
Sodium 430 mg	18%
Carbohydrate 39 g	13%
Fibre 4 g	15%
Sugars 3 g	
Protein 9 g	

### 2. Subtract the Fibre grams from the Carbohydrate grams.

This equals the available carbohydrate in 1 serving.

Carbohydrate	39 g
Fibre	<u>- 4 g</u>
Available carbohydrate	35 g

**1 Old Mill bagel contains  
35 g available carbohydrate.**

Carbohydrate Targets						
	Breakfast	Morning Snack	Lunch	Afternoon Snack	Dinner	Evening Snack
Time						
Carbohydrate Target	g	g	g	g	g	g

# What to Eat with Type 1 Diabetes

---

## Snacks

The amount of carbohydrate your child/teen needs between meals will vary, based on their age and activity level. Active children may need to eat carbohydrate-rich snacks between meals, however, low-carbohydrate or carbohydrate-free foods are great snack choices for all ages, anytime. These include most vegetables, meat, cheese, and nuts and seeds (in moderation).

Some children/teens need insulin for carbohydrate-rich snacks. Aim for your child/teen to finish eating carbohydrate-rich snacks 2 hours before their next meal. This will help their blood sugar level be more stable. Your Registered Dietitian will help you to choose snacks for your child/teen.

## Hunger

It is normal for your child/teen to be very hungry after developing diabetes. Unusual hunger goes away after a few weeks. Follow the carbohydrate targets agreed upon with your Registered Dietitian. If needed, these targets can be changed with the help of your medical team and/or Registered Dietitian. If your child/teen is still hungry after eating their meal/snack, offer low carbohydrate or carbohydrate-free foods to fill them up.