

New Type 1 diagnosis - A few important points :

- Provide 3 meals per day containing a variety of foods including carbohydrates (ie. Milk, yogurt starches, grains, fruits), proteins & vegetables.
- Continue to offer foods your child likes even if they seem sweet (ie. Cookies, ice cream, chocolate, etc.).
- Respect your child's appetite. As needed, provide larger portions at meals/ snacks to calm the hunger even if blood sugar is above target.
- Increased appetite is absolutely normal in the days following the diagnosis. Children often eat larger portions & more often during this time period.
- In the 2 hours prior to blood glucose monitoring, provide a carb-free snack if your child is hungry. (see attached snack ideas handout – page 1).
- Provide a snack containing carbs + protein between meals, especially if the meals are far apart. Snacks are part of a normal healthy diet and will be covered with a dose of rapid insulin (see attached snack ideas handout - page 2).
- Choose water for thirst. A carbohydrate containing beverage can be part of a meal or snack but will need rapid insulin.