



Pediatric Diabetes

PEDIATRIC
DIABETES

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► **Carbohydrates:** Care should be taken in the number of carbohydrates consumed because carbohydrates are the only food that is included in all meals and has a direct effect on the child's blood sugar. Try to avoid carbohydrates such as white bread, pasta, other processed grains, and candy. These foods can raise blood sugar quickly. The recommended amount of carbohydrates is different for each person and depends on factors such as age, weight, etc.

► **Protein:** Protein intake is essential for tissue repair and growth and is found in sources such as meat, eggs, fish, poultry, dairy products, nuts, seeds, and legumes

► **Energy:** The baby's diet should have enough energy for growth and development.

► **Snacks:** Your child can eat snacks such as cucumber, celery, and gelatin. He can also use low-fat cheese, a boiled egg, or a small serving of nuts with a sugar-free drink.

People with diabetes are at higher risk for heart disease. For this reason, it is best to keep your body away from fatty foods that contain cholesterol, saturated fat, and trans fats.

► **Adjust the diet of diabetic children** ◀

► **Calculation of carbohydrate intake:**

Many families keep their child's blood sugar steady by calculating the number of carbohydrates they eat at each meal or snack and then adjust their insulin intake.



► **Fixed carbohydrate schedule:**

Another option is for your child to crave a certain amount of carbohydrates at each meal and snack. Your baby needs to eat at the same time every day and also take insulin at certain times.

► **Obesity in diabetic children** ◀

Overweight children are at higher risk for diabetes; therefore, we should try to reduce their weight and normalize their mass index and try to maintain this BMI.

More physical activity is recommended for children to prevent diabetes as well as control diabetes. Because research has shown that sedentary people are at higher risk.



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▶ Pediatric diabetes ◀

Type 1 diabetes is one of the most common metabolic problems, affecting about 10,000 to 15,000 children. Type 1 diabetes occurs when the pancreas does not produce enough insulin; therefore, in these conditions, blood sugar is not controlled.

The risk of developing type 2 diabetes also increases with overweight and obesity in children. Type 2 diabetes occurs when the body cannot use the insulin it produces effectively.

▶ The risk factors for Pediatric diabetes ◀

- ▶ Lack of physical activity
- ▶ Diabetes in first-degree relatives
 - ▶ High-risk breeds
 - ▶ Severe obesity
- ▶ People with a history of cardiovascular disease



▶ The symptoms of Pediatric diabetes ◀

Frequent urination , Visual disorders , High thirst , Weight loss , Change the mood , Severe weakness

▶ Nutrition therapy for Pediatric diabetes ◀

▶ Strengthen healthy eating habits in the family:

Like all children, children with type 1 diabetes need nutritious foods that help them grow and keep them in a healthy weight range. Over the course for a day, your baby should get about 10%-20% of their calories from protein, 25%-30% from their healthy fats, and about 50%-60% of their calories from carbohydrates.