

## Nutrition for Managing High Blood Glucose (Sugar) Levels (No concentrated sweets diet)

This diet will help keep your child's blood sugars in a safe range. It avoids foods that make blood sugar rise too high or too quickly. The diet can help if your child:

- Would benefit from losing weight. The diet would lower the amount of added sugar and calories.
- Takes drugs that cause high blood sugars.
- Has a medical problem, like diabetes or pre-diabetes that is raising blood sugars.

Your child's medical team can help control your child's blood sugar and get to a healthy weight if needed. These lifestyle tips can help keep blood sugar at more normal levels:

### Lifestyle tips:

1. Do not skip meals. Eat three regular meals a day.
2. Eat only one serving of each food at meals.
3. Drink water and sugar-free drinks. Avoid regular soda, fruit drinks and other sugary drinks. Even 100% juice has a lot of sugar and should be avoided.
4. Eat a lean protein food at each meal.
5. Choose foods that are high in fiber. Foods that are more than 3 grams per serving such as whole grain breads and cereals, vegetables, and fresh fruit are best.
6. Plan for regular physical activity each day. Exercise can help keep blood sugars normal.

Use this chart to pick better foods

Food	Choose	Avoid
<b>Drinks</b>	<b>Low fat or non fat milk.</b> Water between meals is best. Unsweetened tea, sugar-free drinks, diet soda are ok.	Flavored milks, all regular juice, soda, Kool-Aid or fruit drinks, sports drinks, energy drinks (Red Bull/ Monster), hot chocolate.
<b>Breads, cereals, rice, and pasta</b>	Unsweetened cereal, whole-grain breads, whole wheat pasta, brown or wild rice.	Pastries, doughnuts, sugary cereals, white rice, white pasta.
<b>Fruits and vegetables</b>	Any fresh fruit or canned/ frozen fruit packed in water and fresh, frozen or canned vegetables.	Fruit in sauce, syrup, or fruit juice, fruit snacks, or frozen fruit with added sugar.
<b>Desserts</b>	Sugar-free pudding, sugar-free gelatins; graham crackers, vanilla wafers, granola bars, Teddy grahams, animal crackers. <b>Limit portions of these foods to one serving.</b>	Syrup, jelly/jam, cake, pie, cookies, ice cream, candy.

**ALERT:** Call your child's doctor, nurse, or clinic if you have any questions or concerns or if your child has special health care needs that were not covered by this information.

This teaching sheet is meant to help you care for your child. It does not take the place of medical care. Talk with your healthcare provider for diagnosis, treatment, and follow-up.