

Children and Young People with Type 2 Diabetes

Paediatric Diabetes Department



- ✓ Aim to sit **together** at mealtimes, ideally at a table, without any TV, tablets or mobile devices on
- ✓ The **whole family** should agree to reduce the amount of snacks and sugary drinks that are available in the house
- ✓ Have routine meal times and don't skip meals

My Diabetes Eating Plan

My weight now:

5% weight loss
(over 3 - 6 months)

10% weight loss
(over 6 - 12 months)

How many calories does my body need per day?

If you eat this amount your weight would remain the same

How many calories should I eat to reduce my weight?

If you eat this amount you should lose 1 - 2lb per week

How many carbs should I eat per day?

Divide this between your meals:
Breakfast =
Lunch =
Dinner =

How many carbs from dairy should I have per day?

Divide this over 3 portions:
e.g. 1 yoghurt and 200 mls milk

How many carbs should I have from fruit per day?

This should be in the form of 2 pieces of fresh fruit per day with meals

Snacks?

Food labelling guidance

Reading the nutritional labels on foods can often be confusing. Some products may be labelled as low fat but be high in sugar and vice versa. Try to choose foods with more green and amber and fewer reds

All measures per 100g	Low	Medium	High
Fat	3g or less	>3g – ≤17.5g	More than 17.5g or >21g/portion
Saturated fat	1.5g or less	>1.5g – ≤5g	More than 5g or >6g/portion
Sugars	5g or less	>5g – ≤22.5g	More than 22.5g or >27g/portion

Further Information

We endeavour to provide an excellent service at all times, but should you have any concerns please, in the first instance, raise these with the Matron, Senior Nurse or Manager on duty. If they cannot resolve your concern, please contact our Patient Experience Team on 01932 723553 or email asp-tr.patient.advice@nhs.net. If you remain concerned, the team can also advise upon how to make a formal complaint.

Author: Paediatric Diabetes Team Department: Paediatric Diabetes
Version: 1 Published: July 2021 Review: July 2023

We can provide interpreters for a variety of languages, information in larger print or other formats (e.g. audio) - please call us on 01932 723553.



اگر نیاز به ترجمہ دارید، لطفاً با شماره 01932 723553 تماس بگیرید.
 ਜੇ ਤੁਹਾਨੂੰ ਭਰਜਮੇ ਦੀ ਲੋੜ ਹੈ ਤਾਂ ਕਿਰਪਾ ਕਰਕੇ ਇਸ ਨੰਬਰ ਤੇ ਫੋਨ ਕਰੋ: 01932 723553
 اگر آپ اس کا اردو زبان میں ترجمہ چاہتے ہیں، تو براؤزر میں اس فون نمبر 01932 723553 پر رابطہ کریں
 Se precisa de uma tradução por favor contacte: 01932 723553

আপনার অনুবাদের দরকার হলে এখানে যোগাযোগ করুন : 01932 723553
 यदि आपको अनुवाद की जरूरत है तो कृपया इस नंबर पर फोन करें: 01932 723553
 Jeżeli chcemy, aby te informacje w innym języku, proszę zadzwonić 01932 723553

Ashford Hospital London Road, Ashford, Middlesex, TW15 3AA Tel: **01784 884488**
St. Peter's Hospital Guildford Road, Chertsey, Surrey, KT16 0PZ Tel: **01932 872000**

Website: www.ashfordstpeters.nhs.uk