

# 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                            |
|-----------------------|--------------|--------------|---------------------------------|
| <b>Fat</b>            | 3g or less   | >3g – ≤17.5g | More than 17.5g or >21g/portion |
| <b>Saturated fat</b>  | 1.5g or less | >1.5g – ≤5g  | More than 5g or >6g/portion     |
| <b>Sugars</b>         | 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](mailto:asp-tr.patient.advice@nhs.net). If you remain concerned, the team can also advise upon how to make a formal complaint.

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**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.**



You can use Text Relay to turn telephone communications into text. Use the Relay UK app on your phone, tablet or PC. You can also use Relay UK via Minicom or Uniphone.

اگر نیاز به ترجمہ دارید، لطفاً با شماره 01932 723553 تماس بگیرید۔  
 नो ब्रुवर्तु डबलमे सी लेड वै डं बिबपा अबले टिस नंबर डे डेन अबे: 01932 723553  
 اگر آپ اس کا اردو زبان میں ترجمہ چاہتے ہیں، تو براؤزر میں اس نمبر 01932 723553 پر ایپ 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

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