



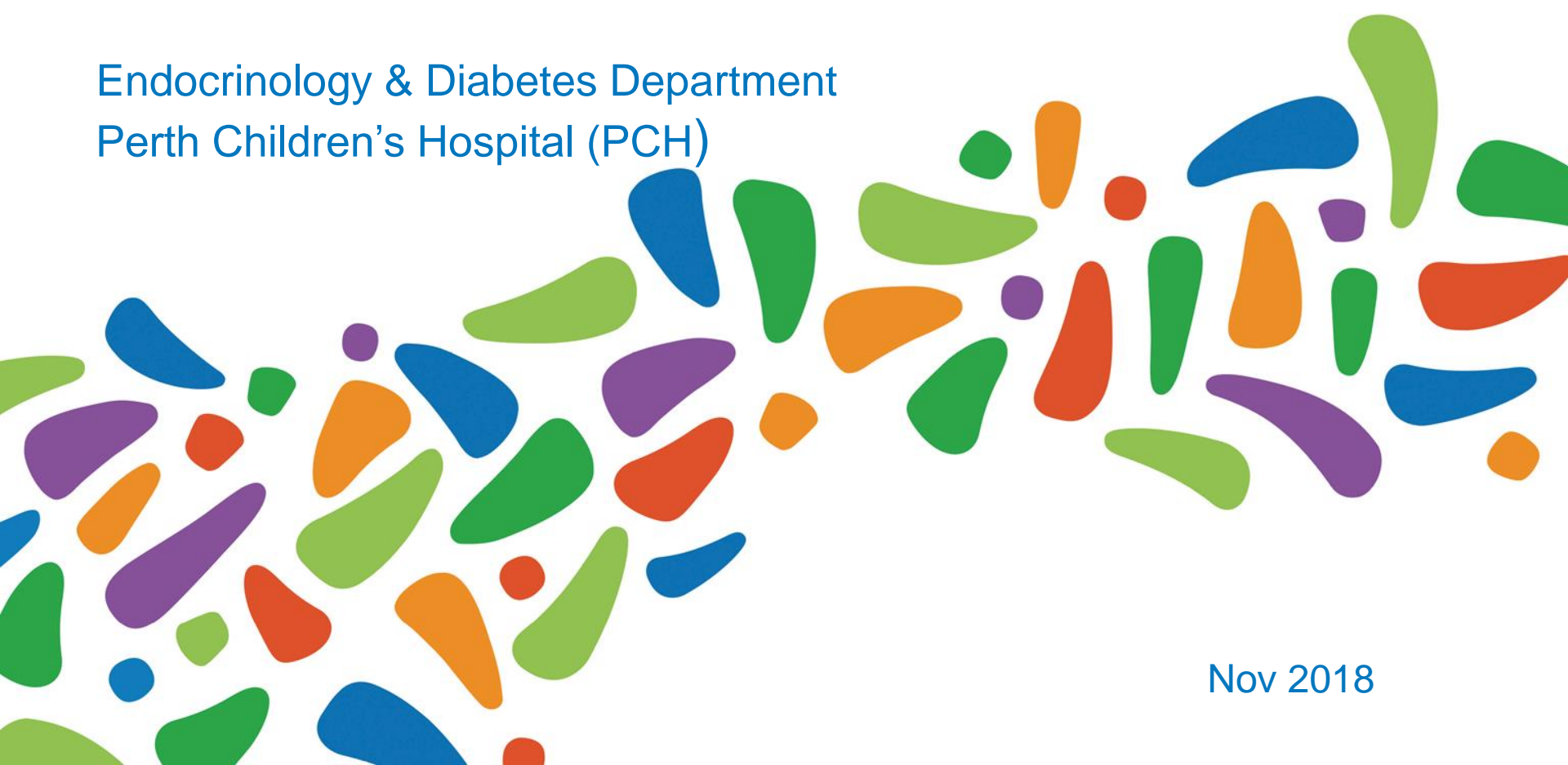
Government of **Western Australia**  
Child and Adolescent Health Service



# Diabetes and schools

## Finding the balance

Endocrinology & Diabetes Department  
Perth Children's Hospital (PCH)



Nov 2018

# Module 5

## Food for Diabetes





# The Australian guide to healthy eating

Enjoy a wide variety of nutritious foods from these five food groups every day.  
 Drink plenty of water.

Grain (cereal) foods, mostly wholegrain and/or high cereal fibre varieties



Vegetables and legumes/beans



Lean meats and poultry, fish, eggs, tofu, nuts and seeds and legumes/beans



Fruit



Milk, yoghurt, cheese and/or alternatives, mostly reduced fat

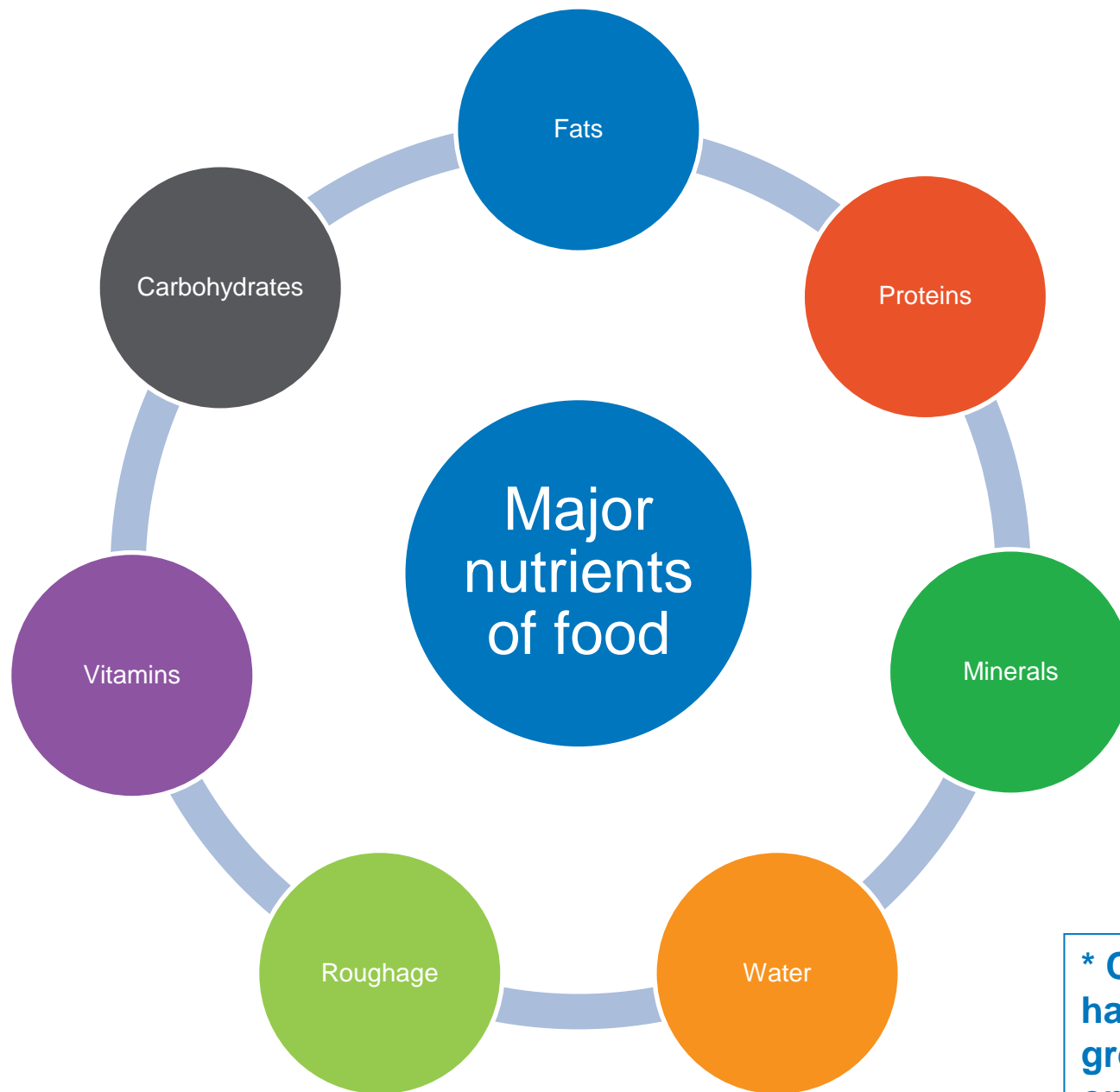


Use small amounts



Only sometimes and in small amounts





**\* Carbohydrates have the greatest impact on BGLs**



# Carbohydrate foods

- Breads, cereals and grains
- All fruits including:
  - dried fruits
  - fruit juice
- Legumes, potato, sweet potato, corn
- Milk, yoghurt, custard, ice cream
- Jams, honey, sugar (white/brown)
- Cakes, sweets, pastries, sweet drinks (except those with artificial sweeteners)



# Non-carbohydrate foods

- Red meat, chicken, fish
- Eggs
- Nuts
- Cheese
- Non-starchy vegetables
- Oils and fats



# PCH Diabetes Department

## PCH Diabetes Triage Nurse

### Contact details:

Phone: (08) 6456 1111

### Hours:

Monday - Friday

8.30am – 4.30pm

Press '2' – please leave a clear message

*Consent will be required if discussing a specific child/adolescent.*

*General information can be given if required.*

Email: [pchdiabetestriage@health.wa.gov.au](mailto:pchdiabetestriage@health.wa.gov.au)

## School Special Educational Needs:

## Medical and Mental Health Diabetes Liaison Teachers

### Contact details:

Phone: (08) 6456 0383

Email: [ssenmmh@education.wa.edu.au](mailto:ssenmmh@education.wa.edu.au)

Website: [ssenmmh.wa.edu.au](http://ssenmmh.wa.edu.au)

## PCH Diabetes Doctor On Call

### Contact details:

Phone: (08) 9483 6959

PCH Switchboard: (08) 6456 2222

24 hours, emergencies only!

## Helpful websites

- [pch.health.wa.gov.au](http://pch.health.wa.gov.au)
- [diabetes.telethonkids.org.au](http://diabetes.telethonkids.org.au)
- [Diabetes Management and Action Plans](#)

# Module 5 Quiz

## Food

#	Question	True	False
1	Carbohydrates have the greatest impact on BGLs.		
2	I should always comment about the lunch of a student with diabetes if I don't agree with food choices provided by the parent.		
3	Children with T1DM can never eat cake or party foods.		
4	Nuts are a carbohydrate food.		
5	A student with diabetes should basically eat a balanced, healthy diet like every other student.		



# Module 5

## Quiz answers

1. True
2. False
3. False
4. False
5. True