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
Carbohydrates have the greatest impact on BGLs.*

Major nutrients of food:
- Fats
- Proteins
- Vitamins
- Minerals
- Roughage
- Water

* 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

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

School Special Educational Needs:
Medical and Mental Health Diabetes Liaison Teachers
Contact details:
Phone: (08) 6456 0383
Email: ssenmmh@education.wa.edu.au
Website: 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
- diabetes.telethonkids.org.au
- Diabetes Management and Action Plans
## Module 5 Quiz

### Food

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

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