Talking Points

• Picky Eating
  – What is normal?
  – Habits that help

• Glycemic Index
  – What is the glycemic index?
  – What is the glycemic load?
  – How to use this information practically

• Exercising with diabetes
Mealtime Habits

• Habits to make family meals enjoyable
  – Eat together
  – Turn off the TV, silence your phone
  – Happy talk
  – Have a helper

• Setting a schedule
  – 3 meals per day, 1-2 snacks
  – Set time limits
  – Avoid “make-up” treats
  – Listen to your child
Picky Eating

• Getting them to the table:
  – Produce Picker
  – Littlest Sou Chef
  – Menu Maker
  – Short-order cook
  – Snack sabotage
Picky Eating

• Trying new foods
  – Make it first
  – Keep it small
  – Keep it simple
  – Model behavior
  – Give it time
## Kitchen Helper

<table>
<thead>
<tr>
<th>Age</th>
<th>Activity</th>
</tr>
</thead>
<tbody>
<tr>
<td>2 year</td>
<td>Wipe table, hand out items, put things in the trash, tear/rip lettuce and greens, rinse fruits and veggies</td>
</tr>
<tr>
<td>3 year</td>
<td>Add ingredients, talk about cooking, mash potatoes, stir batter, name/count foods, add toppings</td>
</tr>
<tr>
<td>4 year</td>
<td>Set the table, crack eggs, measure dry ingredients, assemble salad/sandwiches, peel fruit</td>
</tr>
<tr>
<td>5 year</td>
<td>Measure liquids, use an egg beater</td>
</tr>
</tbody>
</table>
Positive Phrases

• If you love me, you’ll eat your broccoli
• Clean Plate Club Membership
• Told you so!
• Rewarding
Glycemic Index (GI)

• What is it?
  – How quickly a food causes blood sugar levels to rise
  – High GI: usually is high in processed carbohydrates and added sugars
  – Low GI: usually rich in fiber, protein and fat
Glycemic Index (GI)

- What are the limitations?
- How can it be used?
- What about glycemic load?
  - High: > 20
  - Moderate: 11-19
  - Low: ≤ 10
<table>
<thead>
<tr>
<th>FOOD</th>
<th>Glycemic index (glucose = 100)</th>
<th>Serving size (grams)</th>
<th>Glycemic load per serving</th>
</tr>
</thead>
<tbody>
<tr>
<td>Graham crackers</td>
<td>74</td>
<td>25</td>
<td>14</td>
</tr>
<tr>
<td>Apple, average</td>
<td>39</td>
<td>120</td>
<td>6</td>
</tr>
<tr>
<td>Banana, ripe</td>
<td>62</td>
<td>120</td>
<td>16</td>
</tr>
<tr>
<td>Grapes, average</td>
<td>59</td>
<td>120</td>
<td>11</td>
</tr>
<tr>
<td>Raisins</td>
<td>64</td>
<td>60</td>
<td>28</td>
</tr>
<tr>
<td>Potato chips</td>
<td>51</td>
<td>50</td>
<td>12</td>
</tr>
<tr>
<td>Spaghetti, boiled</td>
<td>46</td>
<td>180</td>
<td>22</td>
</tr>
<tr>
<td>Waffles, Aunt Jemima</td>
<td>76</td>
<td>35</td>
<td>10</td>
</tr>
<tr>
<td>Whole wheat bread</td>
<td>71</td>
<td>30</td>
<td>9</td>
</tr>
<tr>
<td>Baked russet potato</td>
<td>111</td>
<td>150</td>
<td>33</td>
</tr>
<tr>
<td>Gatorade</td>
<td>78</td>
<td>250 mL</td>
<td>12</td>
</tr>
</tbody>
</table>
Exercise and Diabetes

• 30-60 minutes of activity per day
• Exercise can decrease blood sugar by 50-100 points
• Check blood sugar before, during and after
  – Treat a low blood sugar before exercise
    • 15 gm carb (ex. 8 oz Gatorade)
    • Recheck blood sugar 15 minutes later
    • If low, repeat
Exercise and Diabetes

• Prevent low blood sugars
  – 15 gm carb snack for every 30 minutes of exercise

• Watch for delayed effect of exercise
  – Low blood sugar 4-24 hours after intense exercise
  – Prevent by eating 15-45 gm carb 30 min after, pair with protein (ex. Chocolate milk, peanut butter crackers)