

Exeter Children and Young Persons' Diabetes Service

Carbohydrate Information for Children

What are carbohydrates?

During digestion foods containing carbohydrate are broken down into glucose. The glucose is then absorbed into the bloodstream, causing a rise in your blood glucose level. Your body needs insulin with meals and snacks containing carbohydrate.

These carbohydrate foods will require fast acting insulin (unless used to treat a hypoglycaemic episode or used to balance unplanned activity).

Your dietitian can help you work out how much carbohydrate is in each of these foods and how much you need to eat.

Starchy foods	Natural sugars	Added sugars
Bread	Honey	Syrup, treacle
Cereals	Milk	Sugar (white, brown etc)
Rice	Yoghurt (no sugar)	Jam, marmalade etc
Rice cakes	Custard (sweeteners)	Sweetened drinks
Pasta	Apple	Sweets
Potatoes	Orange	Fruit winders/school bars/fruit flakes
Pastry	Banana	Chocolates
Pizza	Pear	Cereal bars
Noodles	Grapes	Ice creams & lollies
Couscous and other grains	Melon	Puddings
Biscuits	All other fruits	Fromage frais
Cakes	Fruit juices	Ready made Custard
Anything in breadcrumbs	Dried fruit	Tomato/brown/mint sauce
Crisps and maize snacks	Tinned/frozen fruit	Sweet pickles, chutneys

How much carbohydrate should I eat each day?

The amount of carbohydrate we need to eat varies from person to person and will depend on how old you are and how active you are. As a rough guide, about half your energy (fuel) intake from food should come from carbohydrates (and mostly from slow acting carbohydrate foods).

	Daily energy needed (girls-boys)	Daily carbohydrate needed (girls-boys)
4-6 years	1378-1482kcal	184-198gram
7-10 years	1703-1817kcal	227-242gram
11-14 years	2000-2500kcal	267-333gram
15-18 years	2000-2500kcal	267-333gram

Food energy is measured in calories (kcal) and is found in fats (from oils, butter, margarine and foods cooked in and with these), proteins (from meat, fish, eggs and cheese) as well as from your carbohydrate food

Do any foods not contain carbohydrate?

These foods do not contain carbohydrate. Try to keep protein foods for meals rather than snacks.

Meal protein foods	Vegetables	Miscellaneous
Chicken, turkey, duck	Carrots	Sugar free jelly
Pork	Cucumber	Sugar free chewing gum
Beef	Tomatoes	Oxo, stock cubes
Cheese	Radishes	Bovril, Marmite
Egg	Lettuce	Sugar free squash
Fish	Celery	Tea (milk to colour)
Shellfish, prawns etc	Mushrooms	Coffee (milk to colour)
Ham or Continental meats	Peppers	Artificial sweeteners
	Onions	Diet or zero drinks
Snack protein foods	Gherkins	Oil - 2 tsp max
Peperamis – mini (x1)	Watercress	Vinegar
Cheese string (x1)	Avocado	Pepper, spices, herbs

For further information and advice please contact the Exeter Children and Young Persons' Dietitian on **07827239019**

The Trust cannot accept any responsibility for the accuracy of the information given if the leaflet is not used by RD&E staff undertaking procedures at the RD&E hospitals.

© Royal Devon and Exeter NHS Foundation Trust

Designed by Graphics (Print & Design), RD&E