



# TIPS FOR KIDS

## WITH TYPE 2 DIABETES



# Stay at a Healthy Weight



### Why is staying at a healthy weight good for kids?

A healthy weight means you are not too fat or too thin. Your doctor may have said that you should not gain more weight or that you need to lose a few pounds. If you have diabetes and are overweight, you are not alone.

The steps you take to manage your weight will help you feel better and may improve your blood sugar or glucose (GLOO-kos) levels. Staying at a healthy weight when you are young can help you manage your weight for life. It also can help prevent problems like heart disease and high blood pressure.

### How can you get to a healthy weight?

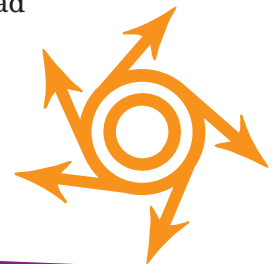
If your doctor says you need to lose some weight, **you need to eat fewer calories each day and be more active.** Here are some ways to succeed.

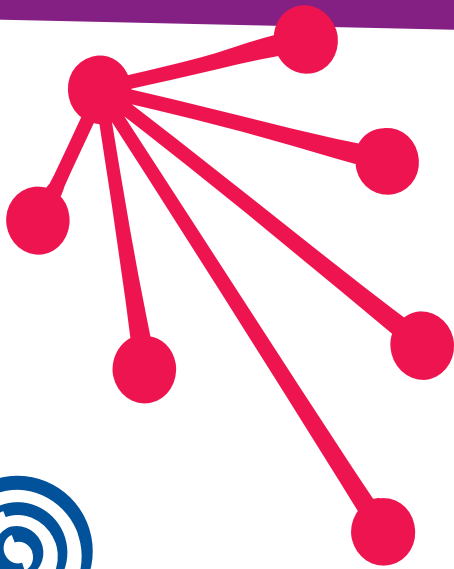
**1. Be active almost every day** for 60 minutes to burn up extra calories and get fit. Play tag or go for a bike ride instead of playing computer games. Ask a friend or family member to join you on a walk instead of watching TV.

**2. Cut some calories.** The number of calories in a food shows how much energy you can get from it. To lose weight, you need to eat about 200 to 300 calories less than usual each day.

### Here are some simple ways to cut calories:

- ★ Drink water instead of a big glass of sweetened fruit drink or regular soda pop. You can cut about 150 calories!
- ★ Eat a small serving of french fries instead of a big one—and cut about 250 calories!
- ★ Eat a piece of fruit instead of a candy bar. You will cut about 200 calories!





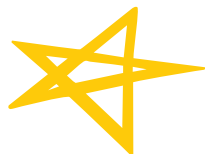
**3. Eat smaller portions** of food and drink water at meals and snack time.

**4. Drink lots of water.** It has no calories! Sugar-free fruit drinks or sugar-free soda pop are also good choices when you are thirsty.

**5. Ask your doctor to help you find a dietitian** or a diabetes educator. He or she can help you and your family make the best food choices.

If you eat less and get more active, you should lose about one pound a month—and feel great. It's best to be slow and steady in your weight loss because you are still growing. Ask your doctor to help you.

**Very low-calorie diets are not healthy for growing children and teens.** Kids who do not eat enough food may not grow or develop the right way.



## What are some healthy eating tips you can try?

- ★ Take your time when you eat. Wait 10 to 15 minutes before eating second helpings at mealtime. It takes about 15 minutes for your stomach to tell your head that you are full!
- ★ Ask if you can help plan, shop, or make the family meals sometimes. This can be fun for the whole family.
- ★ Fill up half of your plate with salad or vegetables. Use small amounts of butter, margarine, or salad dressing.
- ★ If you eat sugary foods, sweets, desserts, or candy, eat only a small serving at the end of a meal. Don't eat them very often.

## What about breakfast?

One bowl of whole grain cereal, nonfat or low-fat milk, and a piece of fruit are a great way to start the day. You can do better at school when you eat breakfast!

When you don't have much time before school, try a couple of slices of whole grain toast with a tablespoon of peanut butter, or a hard-boiled egg, or a piece of low-fat cheese.

A small breakfast bar and a glass of nonfat or low-fat milk is another fast meal that can go a long way.





## What about school lunches?

If you get your lunch at school, choose fried foods less often. Choose nonfat or low-fat milk instead of chocolate milk and a piece of fresh fruit instead of a cookie.

Many schools have salad bars. Choose high fiber vegetables and fruits and low-fat protein foods. Use a small amount of low-calorie dressing.

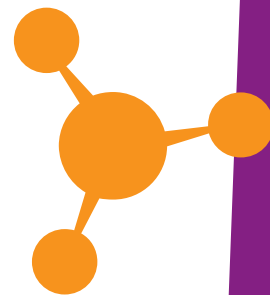
Small deli or sub sandwiches made with lean turkey or beef are healthy choices, too. Use mustard or a little low-fat mayonnaise.

If you have time in the morning, you could pack a lunch of healthy foods to take to school. Or you could make your lunch the night before.

## What about after school snacks?

Most kids need an after school snack. Choose healthy snacks. The trick is not eating too much. **Use a small plate or a bowl for your snack instead of eating out of the bag or box.**


It will be easier to keep track of how much you eat. It's best not to snack while watching TV or at the computer—you may eat too much.



### Snack ideas:

- ★ A piece of fresh fruit
- ★ Half a turkey or ham sandwich, easy on the mayo
- ★ A small bowl of whole-grain cereal with nonfat or low-fat milk
- ★ A small bowl of vegetable soup and a few crackers
- ★ One small tortilla with one or two slices of shredded low-fat cheese or turkey
- ★ 3 to 6 cups of low-fat microwave popcorn, one handful of pretzels, or a few rice cakes

Remember to drink a couple of glasses of water, too.



The key to  
**SUCCESS**  
is to have the whole  
family make  
healthy food choices  
and to  
**be as active**  
as you can.



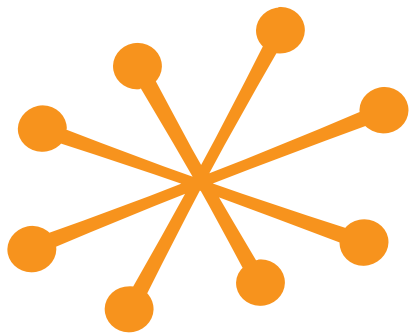
### What about fast-food restaurants?

Try not to super-size your meals, unless you plan to share them with your family or a friend! Order smaller child-sized meals and drink water, nonfat or low-fat milk, or diet soda pop.

A grilled chicken sandwich or a simple hamburger is a better choice than a burger that is covered with secret sauce, cheese, and bacon. A baked potato with a little butter or sour cream is a good choice, too.

If you are eating pizza, order thin or medium crust instead of deep dish or stuffed crust pizzas. Eat only one or two slices and add a salad with a little dressing.

Try a small bag or a handful of baked chips or pretzels instead of the regular kind of chips.



# Follow a healthy eating and exercise plan.

### To learn more

To find a dietitian near you, contact the **American Dietetic Association.**  
1-800-366-1655 • [www.eatright.org](http://www.eatright.org)



To find a diabetes educator near you, contact the **American Association of Diabetes Educators.**  
1-800-832-6874 • [www.diabeteseducator.org](http://www.diabeteseducator.org)

Check out the **CDC's Nutrition and Physical Activity website** for healthy eating tips and the Kids Walk to School Program.  
[www.cdc.gov/nccdphp/dnpa/publicat.htm](http://www.cdc.gov/nccdphp/dnpa/publicat.htm)

Special thanks to the kids who helped us make this tip sheet.



The U.S. Department of Health and Human Services' National Diabetes Education Program (NDEP) is jointly sponsored by the National Institutes of Health (NIH) and the Centers for Disease Control and Prevention (CDC) with the support of more than 200 partner organizations.