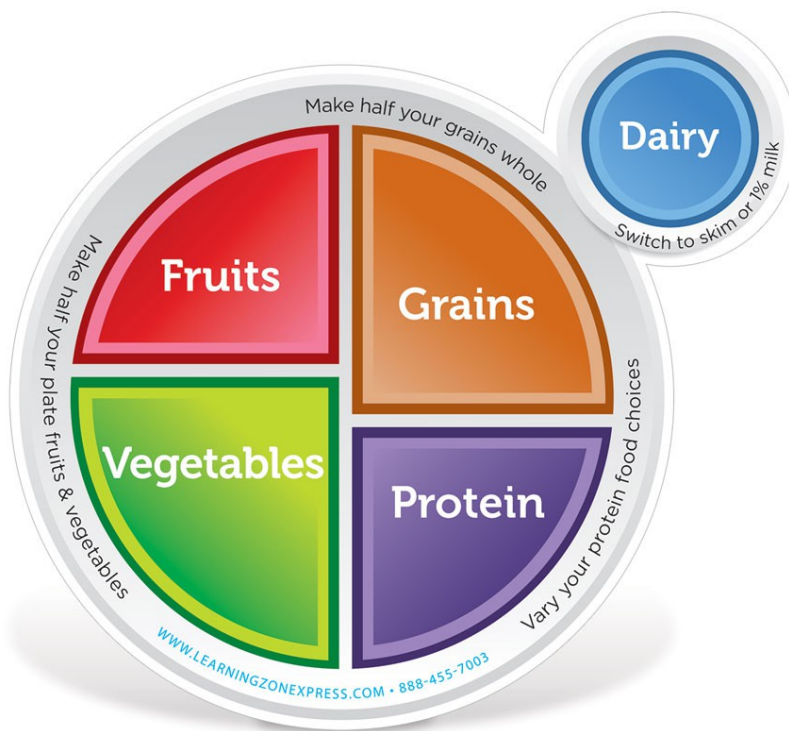


All children should eat a healthy diet, including children with type 1 diabetes. So what exactly is considered “healthy?”



ChooseMyPlate.gov helps you find the right mix of foods to help you make healthy choices. Focus on all five food groups including [fruits](#), [vegetables](#), [grains](#), [protein foods](#), and [dairy](#) to get the nutrients you need. Here are some recommended guidelines:

- Make half your plate fruits and vegetables.
- Focus on whole fruits and vary your veggies.
- Make half your grains whole grains.
- Move to low-fat and fat-free dairy.
- Vary your protein routine.

It is also important to eat the right amount of calories based on age, sex, height, weight, and physical activity level.

Daily calorie needs based on age, gender, and activity level

| Age (Years) | Gender | Sedentary (Not Active) | Moderately Active | Active |
|-------------|----------------|------------------------|-------------------|---------------|
| 2-3 | Male or female | 1,000 | 1,000 | 1,000 |
| 4-8 | Male | 1,200 – 1,400 | 1,400 – 1,600 | 1,600 – 2,000 |
| | Female | 1,200 – 1,400 | 1,400 – 1,600 | 1,400 – 1,800 |
| 9-13 | Male | 1,600 – 2,000 | 1,800 – 2,200 | 2,000 – 2,600 |
| | Female | 1,400 – 1,600 | 1,600 – 2,000 | 1,800 – 2,200 |
| 14-18 | Male | 2,000 – 2,400 | 2,400 – 2,800 | 2,800 – 3,200 |
| | Female | 1,800 | 2,000 | 2,400 |
| 19-30 | Male | 2,400 – 2,600 | 2,600 – 2,800 | 3,000 |
| | Female | 1,800 – 2,000 | 2,000 – 2,200 | 2,400 |

From www.Healthychildren.org

Remember that every child is different and these are recommended guidelines. Your child may need extra calories when they are being very active or if they are going through a growth spurt.

Updated 2/17/19

This document is not intended to take the place of the care and attention of your personal physician or other professional medical services. Our aim is to promote active participation in your care and treatment by providing information and education. Questions about individual health concerns or specific treatment options should be discussed with your physician.

Recommended

[How Foods Affect Glucose Levels](#)

[What Can I Feed My Child Today?](#)

[Understanding Carbs](#)

[How Many Carbs Does My Child Need?](#)

[Reading Nutritional Labels](#)

[Understanding Portion Size](#)

Sources

[Energy In: Recommended Food & Drink Amounts for Children — Healthychildren.org](#)

[Normal Nutrition — Understanding Diabetes: Chapter 11](#)
