

# Effectiveness of nutrition interventions in children and adolescents living with type 1 diabetes: Evidence-based Practice Guidelines

## Academy of Nutrition & Dietetics

**The object of this EBPG is to provide guidance for registered dietitians providing medical nutrition therapy (MNT) for children and adolescents living with type 1 diabetes.**

### Medical Nutrition Therapy

**MNT provided by registered dietitian nutritionist or international equivalent is recommended for children and adolescents living with type 1 diabetes to manage A1c, as appropriate and desired by each client.**

#### Diet Quality

We suggest that dietitians provide individualized nutrition education that includes discussion on diet quality to manage glycemia

#### Carbohydrate management strategies

Dietitians should suggest carbohydrate counting or carbohydrate estimation as a strategy to effectively dose insulin to optimize glycemic management.

#### Macronutrient composition

Dietitians should collaborate with the client and their families to individualize macronutrient composition of a healthy, energy appropriate eating plan to optimize glycemic control.

#### Dietary Patterns

Dietitians should consider advising a dietary pattern, individualized for dietary preferences and nutrient needs, that promotes consumption of nutrient-dense foods.

Available evidence



Expert Confidence



#### Vitamin D

Dietitians should suggest prescribing Vitamin D supplementation in the form of cholecalciferol or ergocalciferol to correct 25(OH)D deficiency/insufficiency.

### Implementation Tips

Nutrition recommendations should be tailored to the individual based on nutrition assessment

Focus on normal growth and development along with dietary management.

Prioritize healthy dietary patterns over strict exclusion of specific foods.

Develop culturally responsive nutrition interventions and apply information from food security screening, and assessment of disordered eating behaviors in treatment decisions.