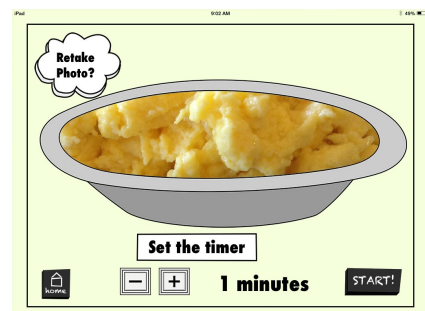
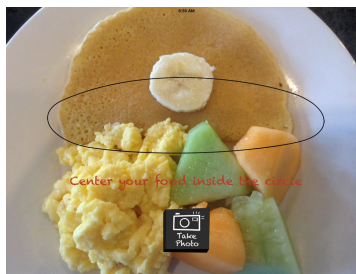


# TINY TASTES EXAMPLE: FOR CHILDREN WITH TYPE 1 DIABETES



With type 1 diabetes we know that including good protein & fat can help delay the absorption of the carbohydrate foods and promote more stable blood sugar levels. However, some children frequently gravitate towards eating just carbohydrates alone and may be hesitant to try combining them with healthy protein/fat choices. Tiny can help children taste new protein foods as well as promote their balanced meal & snack intake in general. A few suggestions follow:

If there is part of a balanced meal that your child tends to struggle to eat, you can zoom in to feed Tiny the “challenging food” to help inspire your child so that the target food can also be eaten during the meal.



Some children struggle with trying vegetables, others don't eat protein foods well.... Whatever part of the meal your child needs an extra incentive to eat, zoom in on that area to feed it to Tiny - she will exemplify healthy eating, encouraging your child to join along!

