



Who We Are

About Us

We are a team to help bring some suggestions and tips for parents to help their adolescent make healthy food choices if they are susceptible for Type 2 Diabetes. There are many tips for healthy defaults that are beneficial and many food choices, however, making that first step is important.

References

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STRATEGIES FOR PARENTS TO MAKE HEALTHY FOODS CHOICES FOR THEIR ADOLESCENTS WHO MAY FACE OR ALREADY HAVE TYPE 2 DIABETES

What to take from this information for a healthier lifestyle.

Information and tips for adolescents aged 13 to 18.

- Healthy defaults introduced
- Utilize the concept of healthy defaults in home and personal life
- Tips on how to set up life to make easiest, healthiest choices.
- Choose foods that are fun, make foods into silly fun recipes.
- Exercise daily for bone and muscle health
- Parents get involved with making recipes fun.



What will you get out of this?

Adolescents who may face Type 2 Diabetes will have to change their current lifestyle for a healthier one. There are foods that help and foods that can hold you back. For instance, an imbalance of glucose levels can hinder the child being able to regulate their levels when consuming not so healthy food choices. That can lead to major changes to the body and cause a rise in the A1c to increase.

Healthy food choices are happy food choices. Eating healthy foods has greater flourishing in daily life.

Being healthy is more than a diet, it is a lifestyle. Making those changes into a good habit can benefit health status. Once making that change, your body will thank you.

Healthy Defaults

- Choices promoted the least effort or thought but producing healthy behaviors.
- Growth in healthy behavior through changes to food environment and physical environment

Encouraging defaults at home and life.

- Make default choice based on good feelings and satisfaction.
- Keep kitchen stocked with healthy food choices that make your child feel good, therefore keeping processed foods out.
- Ask restaurant for accommodations for menu items, however, limit eating out to 1 day every couple weeks or once a month.
- Meal plan and prep foods.
- Exercise for bone and muscle health by walking, strength train, yoga.¹
- Still want to consume favorite foods? Do in moderation and portion size.

Tips for default behavior

Replace soft drink at a restaurant with water as the default. Seeing healthy foods appear first in store or refrigerator will increase healthy behaviors. Make consistent changes towards healthy behaviors.² Improve home health environments to support health behavior change.³ Change default preferences, changes to healthy choices will become new default.⁴ Practice moderation when consuming foods. Eating behaviors adopted during adolescence likely to be maintained into adulthood.⁵



Healthy choices the easiest choices

Making healthy choices can be the easiest choices. When choosing foods that are healthy, grab those fruits, vegetables, lean protein meats, and limit dairy products. Easy choices are those that appear to the eye based on colors, textures, and taste.

When consuming healthy food choices, mentioned above it can be easy.

- Raw, steamed, add some extra flavor or in a recipe.

For lean protein meats like chicken, ground turkey and fish, it should be consumed cooked. You can make different recipes with these food choices. Healthy food option can be a dip like ranch for a salad, or when consuming raw vegetables you can have a dip on the side. Another option would be chips like baked crackers and hummus.

These healthy food options are easy to have but make it fun to consume. It maybe a little childish, but turn the food into silly things to encourage healthy eating.

Adopting these lifestyle food choices and healthy default behaviors can benefit your body. Glucose levels will decrease, more energy, less fatigue, better management of level and food consumption.