



SEC & London CYP Diabetes Partnership

Dietitian Resources useful during Covid 19

Newly diagnosed education

<https://www.digibete.org/new-to-t1d/>

<https://www.diabetes.co.uk/newly-diagnosed.html>

<https://jdrf.org.uk/information-support/newly-diagnosed/>

Carb counting

<https://www.digibete.org/wp-content/uploads/2017/10/UpBete-ChapterC-FoodandDiabetes.pdf>

<https://www.diabetes.org.uk/guide-to-diabetes/enjoy-food/carbohydrates-and-diabetes/nuts-and-bolts-of-carb-counting/learn-about-carb-counting>

<https://www.digibete.org/strike-the-breakfast-spike/>

<https://www.niddk.nih.gov/health-information/diabetes/overview/diet-eating-physical-activity/carbohydrate-counting>

How to carb count with food scales

<https://www.youtube.com/watch?v=-Mdq3pGx2NM>

<https://www.youtube.com/watch?v=fm1DyFnUPTY>

How to carb count with carbs and cals

https://www.youtube.com/watch?v=C9-yMlbn4_0

Healthy eating

<https://www.diabetes.org.uk/guide-to-diabetes/managing-your-diabetes/healthy-eating>

https://www.diabetes.org.uk/about_us/news/new-eatwell-guide-from-public-health-england

Exercise

<https://www.digibete.org/resources/sportsandexercise/>

https://cdn.ymaws.com/www.ispad.org/resource/resmgr/consensus_guidelines_2018_/14.exercise_in_children_and_.pdf



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<https://jdrf.org.uk/exercise-type-1-diabetes/>

<https://www.diabetes.org.uk/guide-to-diabetes/managing-your-diabetes/exercise>

There is an exercise app with videos just for people with Type 1 (mostly adolescents and adults): GlucoZone. <https://glucosezone.com/home>

Exercise Videos for children

<https://youtu.be/d3LPrhI0v-w>

<https://youtu.be/Rz0go1pTda8>

https://youtu.be/L_A_HjHZxfI

<https://youtu.be/X655B4ISakg>

<https://youtu.be/5if4cjO5nxo>

Glycaemic Index

https://cdn.ymaws.com/www.ispad.org/resource/resmgr/consensus_guidelines_2018_/8.glycaemic_control_targets_a.pdf

<https://www.diabetes.org.uk/guide-to-diabetes/enjoy-food/carbohydrates-and-diabetes/glycaemic-index-and-diabetes>

Pumps

<https://www.digibete.org/wp-content/uploads/2017/10/Pump-Workbook.pdf>

<https://www.diabetes.org.uk/guide-to-diabetes/managing-your-diabetes/treating-your-diabetes/insulin-pumps>

<https://www.medtronic-diabetes.co.uk/about-diabetes/insulin-pump-therapy>

<https://www.nice.org.uk/guidance/ta151/resources/insulin-pump-therapy-for-diabetes-pdf-374892589>

<https://jdrf.org.uk/information-support/treatments-technologies/insulin-pump-therapy/>

Freestyle Libre/CGM

https://cdn.ymaws.com/www.ispad.org/resource/resmgr/consensus_guidelines_2018_/21.diabetes_technologies.pdf



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<https://www.niddk.nih.gov/health-information/diabetes/overview/managing-diabetes/continuous-glucose-monitoring>

<https://www.diabetes.org.uk/guide-to-diabetes/managing-your-diabetes/testing/continuous-glucose-monitoring-cgm>

<https://www.freestylelibre.co.uk/libre/discover.html>

<https://www.diabetes.co.uk/blood-glucose-meters/abbott-freestyle-libre.html>

Mental health

<https://www.digibete.org/emotional-wellbeing/>

<https://www.diabetes.co.uk/diabetes-complications/diabetes-and-mental-health.html>

Different ethnicities & cultures

https://cdn.ymaws.com/www.ispad.org/resource/resmgr/consensus_guidelines_2018_deeb_et_al-2019-pediatric_di.pdf

<https://www.diabetes.org.uk/guide-to-diabetes/managing-your-diabetes/ramadan>

<https://reader.elsevier.com/reader/sd/pii/S0168822717303388?token=C5CA150C7F347E9A99D3F423BA65DF24EA48B43D35E20E50B62B7F19385E142F7020EE5259CF1FED13D70F5A50B868A6>

Label reading for carb counting

https://m.youtube.com/watch?v=hZFER_jhTwU

Resources on UCLH Website – Living with Diabetes and understanding nutrition

<https://www.uclh.nhs.uk/OurServices/ServiceA-Z/CYPS/PDIAB/Pages/Takingcontroldiabetes.aspx>