

Children's Dietitians

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Feedback

We appreciate and encourage feedback. If you need advice or are concerned about any aspect of care or treatment please speak to a member of staff or contact the Patient Advice and Liaison Service (PALS):

Freephone (City Hospital Campus): 0800 052 1195

Freephone (QMC Campus): 0800 183 0204

From a mobile or abroad: 0115 924 9924 ext 65412 or 62301



Minicom: 0800 183 0204

E-mail: pals@nuh.nhs.uk

Letter: NUH NHS Trust, c/o PALS, Freepost NEA 14614,
Nottingham NG7 1BR

www.nuh.nhs.uk

If you require a full list of references for this leaflet please email
patientinformation@nuh.nhs.uk or phone 0115 924 9924
ext. 67754.

The Trust endeavours to ensure that the information given here
is accurate and impartial.

Diet and Steroid Induced Diabetes

Information For
Children with Kidney Disease

Department of
Dietetics and Nutrition



This document can be provided in different languages and
formats. For more information please contact:

Nottingham Children's Hospital
Queen's Medical Centre Campus
D Floor, East Block

Children's Dietitian:

Contact number: (0115) 924 9924 Ext: 62066

What is Steroid Induced Diabetes?

Steroid induced diabetes is when the level of sugar in your blood is too high, this can be caused by high dose steroids such as prednisolone, which you must take after you have a kidney transplant.

We all need some sugar in our blood. It comes from the carbohydrate (sugars and starches) that we eat. Steroid induced diabetes is often but not always a temporary condition, in general your blood sugar level will return to normal when the dose of steroids is reduced.

Simple dietary changes:

You can help control the level of sugar in your blood by following a healthy balanced diet. The following are simple steps, which you can take to help control your blood sugar level:

- Eat regular meals and avoid skipping meals.
- Try to eat a starchy carbohydrate food with each meal e.g. cereal, bread, rice, pasta, potato, noodles, chappatis, pitta bread, plantain, sweet potato or couscous. These starchy foods cause a gradual rise in your blood sugar.
- Where possible choose wholegrain or granary versions of bread, cereal, rice and pasta, these foods are high in fibre.
- Avoid sugary foods, as these will cause your blood sugar levels to rise quickly.



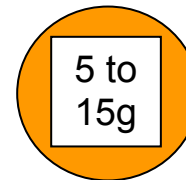
- It is important to include fruit and vegetables in your diet. These are a good source of fibre, vitamins and minerals. Fruit contains a natural source of sugar therefore it is a good idea to space out your fruit portions throughout the day rather than eat these in one go. Fresh fruit juice is a concentrated form of fruit and causes your blood sugar level to rise faster and is best to avoid.
- Avoid drinking sugary drinks such as full sugar pop and fruit juice. Instead choose 'diet', 'zero', or no added sugar type drinks
- Avoid adding sugar to drinks

Reading food labels



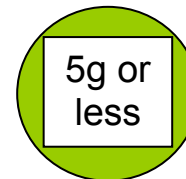
What is **high** per 100g

Looking at food labels can help you decide whether foods are healthy and suitable.



What is **medium** per 100g

A simple way to tell whether a food is suitable would be to look at the ingredients list. If sugar is high up the ingredients list then the food will be high in sugar.



What is **low** per 100g

Alternatively you can look at the food label. Nutritional information is often given as amount per 100g. Choose foods using the traffic light system: **You need to look at per 100g column and look at the value for carbohydrates of which sugars.**