

## Department of Nutrition and Dietetics

# Paediatric Diabetes- Baking ideas



**This information is to be used for parents/carers of paediatric patients as an insert with the 'Healthy Eating with Diabetes' diet sheet.**

Baking can still be suitable for a child with diabetes. Many savory snacks, providing they are not high in fat can be included in the diet. In addition the following cake / pudding ideas / recipes do not contain much sugar or fat and could be occasionally included as puddings or snacks as part of a healthy diet.

Always use a monounsaturated or polyunsaturated spreads rather than butter in cooking.

**'Light' spreads** are often **not suitable** for baking due to their high water content.

You should not need to buy new recipe books. Many standard recipes you already have will still work if you reduce the sugar content to half that stated in the recipe. This works well in recipes that contain fresh, or dried, fruit which provide their own sweetness. The addition of extra spices can improve flavour in lower sugar cakes and desserts.

Look for recipes for:

- Scones (20-30g carbohydrate (CHO) in each) try plain / fruit or cheese
- Rock cakes (20-30g CHO)
- Pancakes (10-20g CHO dependant on size)
- Home made bread- loaves or rolls
- Home made pizza- make or buy the bread base and top with home made tomato sauce, and lots of vegetables and grated cheese
- Fruit crumble - use sweeteners in the fruit base, and only 1oz sugar to 4oz of flour in the crumble. Add 1oz of rolled oats to add texture and some spices to flavour (try adding ½ a teaspoon of either ground cinnamon (in apple crumble



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topping) or ground ginger (in rhubarb crumble topping)

- Apple loaf (25-40g CHO per slice)
- Fruit loaf (25-40g CHO per slice)
- Hot cross buns/ teacakes (25-40g CHO)

## Banana bread

8oz (200g Self Raising flour

4oz (120g) poly/monounsaturated margarine

2oz (60g) sugar

1 egg

3oz (90g) dried mixed fruit

3 bananas mashed

1tsp cinnamon

(Total CHO 325g per loaf)

### Method

1. Cream together the margarine & sugar.
2. Beat in egg and add bananas
3. Add remaining dry ingredients and mix well.
4. Place in a greased lined 1Lb loaf tin
5. Bake for 1hr at gas mark 6 (200°C) until brown on top and firm to touch
6. Remove from oven. Leave in tin for 30 minutes and then carefully remove and cool

## Calculation of carbohydrate content of baked foods

Use the following figures to help you calculate the total carbohydrate content of any recipe

<b>1oz (30g in weight) of flour / corn flour</b>	<b>=</b>	<b>20g CHO</b>
<b>1oz (30g in weight) of sugar</b>	<b>=</b>	<b>30g CHO</b>
<b>1oz (30g in weight) of dried fruit</b>	<b>=</b>	<b>25g CHO</b>
<b>1oz (30g in weight) of syrup /honey</b>	<b>=</b>	<b>30g CHO</b>
<b>1oz (30g in weight) of jam</b>	<b>=</b>	<b>20g CHO</b>
<b>1oz (30g in weight) of reduced sugar jam</b>	<b>=</b>	<b>12g CHO</b>
<b>1oz (30g in weight) of cocoa powder</b>	<b>=</b>	<b>4g CHO</b>

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<b>1oz (30g in weight) of oats</b>	=	<b>20g CHO</b>
<b>1/3<sup>rd</sup> pint (200mls) semi skimmed milk</b>	=	<b>10g CHO</b>
<b>Tomato puree 1heaped tablespoon (30ml)</b>	=	<b>5g CHO</b>
<b>Note: Egg</b>	=	<b>0g CHO</b>
<b>Margarine</b>	=	<b>0g CHO</b>
<b>Herbs &amp; Spices</b>	=	<b>0g CHO</b>

For example: A recipe for Rock cakes:

2oz sugar	60g CHO
8oz SR flour	160g CHO
3oz dried fruit	75g CHO
3oz Margarine	----
1 Egg	----
Milk 3½floz	5g CHO
Mixed spice	----

**Total Carbohydrate = 300g**

**This makes 12 rock cakes from recipe,**

**CHO content per cake =  $\frac{300}{12}$  = 25g of Carbohydrate per rock cake**

Please contact your dietitian on 024 7696 6161 or your diabetes nurse on 024 7696 7230, if you feel that you need help.

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### Document History

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