

Medical nutrition therapy is a critical component of T1D treatment. Individualized meal planning should balance carbohydrate intake with insulin therapy, limiting sugar and refined carbohydrates while ensuring adequate whole grains, fiber, fruits, and vegetables. The goals are to maintain healthy body weight, optimize glycemic control, achieve normal growth and development in children, and prevent cardiovascular risks. Fat intake is focused on healthier unsaturated fats. Any needed vitamin/mineral supplements are recommended. Adequate protein intake is important for growth and weight management.