

Recommended Dietary Intervention: The first and most important approach to keeping Zayd's GSD I under control and his blood glucose levels on a constant level is to provide a continuous and stable glucose source to avoid hypoglycemia. Simple sugars also do not allow for the rapid use of glucose-6-phosphate, which would be the cause of Zayd's metabolic imbalances and a leading factor of organ enlargement. In the final analysis, the strategies used in the control of blood glucose, as well as the above-mentioned measures in the managing of GSD I, aim to stabilize the blood glucose levels and thus to create the conditions, which would not only let Zayd get by but also would allow him to grow and develop.*

Avoidance of Simple Sugars: Simple sugars like sucrose and fructose are off-limits for use in Zayd's diet: because consuming them would demand their conversion into glucose-6-phosphate first before they could be utilized for energy.*

Frequent Feedings: The best way to ensure the current and consistent release of glucose into the bloodstream is to feed Zayd with small, frequent meals around the clock. How it helps: The function of this dietary ruling is hence forth a sustained and controlled release of glucose into the bloodstream. Such a schedule ensures the continuation of the supply of glucose, which, in turn, keeps the blood glucose level within the normal range, especially when fasting would be the case if hypoglycemia did not occur.*

Uncooked Cornstarch: One of the fundamental dietary instructions for Zayd's diet is uncooked cornstarch. Regular feedings and raw cornstarch use would stop or at least put a brake on the falls in blood glucose levels, which usually would lead to hypoglycemia. This is essential over the time between the evening and the next meal or when skipping meals for longer periods.