

# Asociación para la diabetes de Tenerife

## HQ LA LAGUNA

Calle Pintor Cristino de Vera, 7

**Monday to Thursday, from 16.00 to 19.00h / Tuesday and Friday, from 10:00 to 13:00**

## HQ LOS REALEJOS


Centro de Atención Integral a Persona con Discapacidad,  
Calle San Isidro, s/n (frente a Urgencias)


**Tuesdays from 16.00 to 19.00h / Thursdays from 10.00 to 13.00h**


## HQ GRANADILLA


Centro Cultural San Isidro,  
Calle La Hoyita, 6

**Mondays from 16.00 to 19.00h / Fridays from 10.00 to 13.00h**

 ADT Asociación para la Diabetes de Tenerife


 adt\_diabetenerife


 @diabetenerife

 ADT diabetenerife

[www.diabetenerife.org](http://www.diabetenerife.org)

[info@diabetenerife.org](mailto:info@diabetenerife.org)

 922 253 906

 672 145 881

## AUTHORS:

**Desirèe Pérez Sacramento**

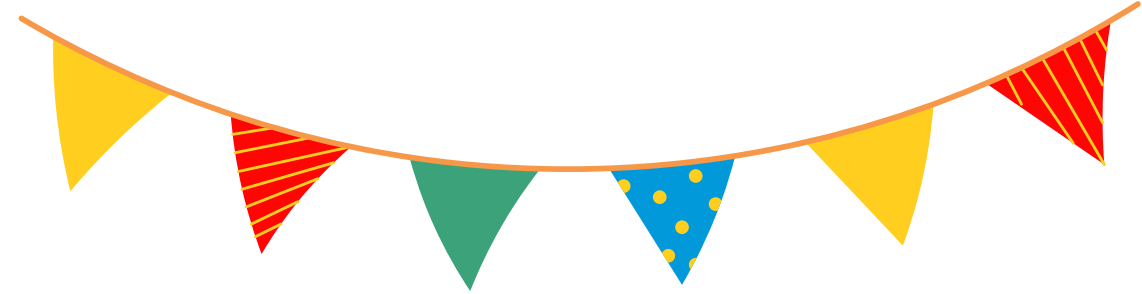
Health Educator and Diabetes Therapist. Hospital del Sur

**Elsa Espinosa Pozuelo**

Health Psychologist and Coach, ADT

**Translated by:** Marian Waugh

2021



# Birthday and other parties in the school environment



## Birthdays and parties in the school environment

Children with diabetes can and want to enjoy parties and other celebrations at school as any other kid. Current treatments and information make this possible, we just need coordination between school and family and to plan ahead.

### What should we do in the birthdays of classmates at school? There are several options:

- **Do not bring sweets.** We can change the habit of bringing sweets to school. This would make be consistent with the health educational message of not bringing sweets to school and not associating celebrations with food. In its place we could take other kinds of gifts that we love and do not give us tooth cavities (stickers or handcrafts made by the kid whose birthday it is).
- **Bring suitable sweets,** for the kid that have some limitations with food (diabetics, coeliacs, those suffering from allergies or food intolerance). Many parents provide the teachers with these kinds of treats (without sugar, without gluten,...), in case of any event where sweets are shared out, so no child is left out.

## What to do in celebrations with access to food

In many school celebrations, such as the Day of the Canary Islands or Christmas parties, we share special moments around food. It is important for you to know that kids with diabetes can eat all types of food, including those with sugar. What we need to know is the amount of carbohydrate of each food so we can adapt the treatment. This information is provided in the table of nutrients that fortunately appears on the outside of most products. Whenever you can, choose those products that show the table of nutrients. The “no sugar” or “suitable for diabetics” is insufficient if it is not accompanied by a table of nutrients.

Some examples of foods that we can eat freely with having to inject insulin are “lite” soft drinks, olives, ham omelette, hard-boiled, almonds, walnuts, hazelnuts, pine nuts, sugarless jelly, avocado, rations of Burgos white cheese, ham, turkey, low-fat cold meats, etc. If you bring these types of food, you are making it easier for us to join-in the eating without having to worry about injecting insulin or calculating carbohydrates for the food rations.

---

**Important:** A well-informed environment improves the quality of life and well-being of kids with diabetes. By following these recommendations, you are helping to make it happen for them. Thank you.