

Summer is synonymous with BBQ and for some, food choices change with the season. Pasta and rice recipes are sometimes replaced by grilled meats, salads and seasonal vegetables!

This change in eating habits comes with the need to adjust insulin doses at meals. For example, it is normal for your body to need a lower insulin dose for a grilled meal such as grilled shrimp and asparagus compared to a pasta meal.

One is not better than the other and the goal is to have a varied diet that brings us pleasure and satisfaction. However, the satisfaction can be cut short if hypoglycemia occurs due to drastically lower than usual carbohydrate intake.

If you or your child uses ratios to calculate your mealtime insulin dose, you have the flexibility to adjust this dose to the carbohydrate content of the plate.

However, if you are using an insulin ladder with a food plan, here are some possible options. Remember to validate with your medical team, if needed:

- Add carbohydrate sources to your grilling meals to follow your usual meal plan (ex: add bread, orzo, couscous, potatoes, crackers, etc.).
- Subtract a few units of insulin from the insulin scale or simply use a different insulin scale for lower carbohydrate meals.

It is possible to adjust the management of the meals according to your needs and make the most of the BBQ period!

Have a great summer!