

## NUTRITION NOTES

### May - June 2022

**Role of Parents in Kids' Food Tendencies:** Emotional eating can develop early in childhood. Along with maternal modeling of emotional eating and food parenting practices, research shows parents using food as reward, food for emotion regulation, or restriction of food for health reasons can also lead to emotional eating.

**Other Factors When Dosing Insulin:** Several factors play into blood sugar control, including types of foods consumed. Carbohydrate counting is still an important factor to consider, but have you thought about how fat and protein can impact postprandial glucose? In T1DM, consumption of protein has been shown to increase insulin demand and delay/sustain postprandial hyperglycemia. Mealtime insulin for high-fat meals should be individualized to prevent delayed postprandial hyperglycemia and also prevent early hypoglycemia. At Banister Nutrition, we work closely with our patients and physicians to find these trends to improve glycemic control.

**Low FODMAP With/Without Gluten on IBS:** Research is showing that the fructan content of wheat and barley is what exacerbates IBS symptoms, not the actual gluten content for most patients.

**Extrinsic Factors in PCOS:** Women with PCOS are more prone to weight gain, but research shows lifestyle factors (energy intake, sitting time, stress, fiber intake, and physical activity) have a more profound impact on weight gain in women with PCOS than women without PCOS. This highlights the importance of early lifestyle intervention as soon as PCOS is diagnosed to prevent worsening clinical features of PCOS.

**Children and Vegetable Preferences:** Research shows children involved in vegetable preparation (harvesting/cutting/cooking/seasoning) have a more favorable preference for these foods. Additionally, these children are more curious to try and have feelings of pride and responsibility related to vegetables.