

How to make the most of the sugaring-off season with our sweet little T1Ds?

Is it possible to allow our diabetic children to eat a sugar shack meal without causing a disaster? For some, experience helps, the question does not even arise, we just count and ... syrup at will! For others, the challenge can be a little scary, especially if you have a fixed carbohydrate plan at mealtime or if your child's diagnosis is recent!

2021 will probably still force us to postpone our traditional meal at the hut to a later date. Still. Restaurants are more and more imaginative and make us live the experience directly in our homes. Many offer "Take out" menus. What a great opportunity to finally take the time to learn the formula and use scales and measuring cups to calculate carbohydrates in the comfort of our home. Doing the carbohydrate count at home will also help you better estimate meals for years to come. Feel free to take notes! We are often used to eating in the same place!

A few tips to enjoy safely your day at the sugar shack

Here are a few practical tips to help you calculate carbohydrates and make the sugar shack experience with your young DT1 pleasant :

- Some foods are less rich in carbohydrates (some contain almost none) such as omelets, marinades (pickles, onions), meats (roasts, ham, sausages, pork rinds). Let the child help himself to these dishes as he wants!
- For sweeter foods, count for syrup about 13g of carbohydrates per tablespoon, while maple taffy contains 16g of carbohydrates per 1 tablespoon (20g).
- Instead of allowing the child to take the syrup directly from the jar and pour it over the food, calculate a certain amount in a separate container, and then he can spread it over the food as he likes!
- Many sugar shacks offer milk at will and, when you eat such sweet and salty foods, you get thirsty! Provide water or diet liquor (to make the day even more special!) so that the child can drink as much as he or she wants without feeling limited.
- Some sugar shacks have several services and when you think you're done, the sugar pie arrives! Ask the waitress to tell you what will be on the menu so that the child can choose.
- Do a carbohydrate analysis before your visit. Many sugar shacks post their menu online. This will allow you to better evaluate in the heat of the moment! I suggest you visit our [Recipes and snacks](#) section which details the carbohydrate content of several foods.
- If you find that your child has a very limited amount of carbohydrates at mealtime, you can talk to your team to see how insulin can be adjusted for that special day!

We move to compensate

The sweet foods available in sugar shacks raise blood sugar levels very quickly. To make up for these little excesses, find a way to get moving ! It is important to allow the child to run in the sugar shack yard, organize games, take a walk in the forest to see the maple water boilers.

Anyway, whether one is diabetic or not, after eating such a sweet meal, we all have energy to spend!

The main idea is to have fun

Also focus on the pleasure of the trip and not only on the meal!

Going to the maple grove also means learning about how syrup is prepared, dancing with the chansonnier, taking a sleigh ride, walking in the forest or visiting the mini-farm!

Accept that not everything is perfect! If your calculations are a little less accurate than you thought, you may be able to correct your blood sugar a few hours later!

So, either at home or at the sugar shack, let's focus on the overall experience so that your child is satisfied with his day and feels exactly like every other child!

Enjoy!

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