

5 easy & kid-friendly recipes for people with Type 2 Diabetes

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Spice up your meal plans. Discover the joy of eating, cooking, and laughter with your family. With these kid-friendly diabetic recipes, you'll create delicious and healthy meals. And you'll save time and money.

Type 2 diabetes interferes with the body's metabolism and results in high blood sugar levels, reduced insulin, or [resistance to insulin](#). Eating healthy, nutritious food can help you manage your blood sugar levels. That's why, on a diabetic diet, it's important to both eat healthy, nutritious food, as well as [explain your Type 2 Diabetes to your kids & family](#). Here are five kid- and family-friendly food substitutions, as well as fun, easy, and tasty meal recipes.

But first, some nutritious food staples to have on hand: fresh and dried fruits like apples, bananas, pears, oranges, peaches, raisins, and cranberries. Interested in canned options? Try mandarin oranges.

Searching for more healthy food items? Try adding oats, whole wheat bread, bran cereal, eggs, soy milk, Greek yogurt, cottage cheese, fresh tomatoes, onions, and frozen peppers to your shopping cart.

Here are five quick meal ideas that are family-friendly, healthy, cheap (more [budget-friendly meal ideas here!](#)), and easy to make:

Kid-friendly meal idea #1: Tortilla Wraps

This recipe feeds a family of four. You'll need:

- 4 whole wheat tortilla wraps
- 4 lbs of rotisserie chicken
- 2 sun-dried tomatoes
- 1 bag of lettuce
- 1 bag of cheese of your choice

How to prepare the meal:

Fill the tortilla wraps with the ingredients. This healthy option for people with type 2 diabetes can be served with fruit, like a banana for breakfast or apple for lunch.

Kid-friendly meal idea #2: Peanut Butter Eggs

This meal feeds two people. It requires:

- 3 eggs
- 2 string cheese
- 5 whole-wheat crackers
- 2 carrots
- 1 celery stick
- 2 spoonfuls of peanut butter
- 2 pears

How to prepare the meal:

Boil the eggs for 15 minutes until they are hard-boiled. Mix with the string cheese and carrots as well as a spoonful of peanut butter. Serve with a pear and add celery sticks to create a tasty, nutritious, and unusual snack that's also diabetic-friendly.

Kid-friendly meal idea #3: Sweet potato salmon

This tasty, nutritious recipe requires:

- 4 sweet potatoes
- 2 lbs of salmon
- 1 bunch of asparagus

How to prepare the meal:

Boil the sweet potato and bake or grill the salmon to make an easy and complete meal for the entire family. Consider steaming the asparagus. Why? Steamed vegetables lower blood sugar levels.

One of the benefits of grilled or baked salmon? It reduces inflammation, which is important if you have Type 2 Diabetes. Try to avoid the addition of fats to the meal, like cream cheese, bacon, or hot dogs. Salmon is a natural source of nutrients and provides the advantages of omega-3 fatty acids, which can help prevent heart disease and stroke. This is also a quick and delicious kid-friendly meal that promotes growth and bone health.

Kid-friendly meal idea #4: Burgers

Who doesn't enjoy a good burger? The lettuce, tomatoes, and turkey, chicken, or beef protein with a whole grain bun are a balanced source of high quality nutrition for all members of the family, including those with type 2 diabetes.

For a family of four, simply include:

- 4 whole grain buns
- 4 sprigs of lettuce
- 2 tomatoes
- 4 turkey, chicken, or beef patty (low fat lean varieties are available)

How to prepare the meal:

Grill the meat of your choice, add the condiments, and season to your taste.

Also, family members with Type 2 Diabetes may wish to eat half the amount of bread to keep a low carb diet. The carbohydrates could negatively affect blood sugar levels.

Kid-friendly meal idea #5: Beef with rice stuffed peppers

Nutritionally balanced, this meal is sophisticated, easy to make, and friendly for the whole family. It can be prepared in large quantities for a party or picnic and is kid-friendly as a lunch or dinner option.

With only a moderate amount of fat and carbohydrates, this meal contains lots of healthy nutrients from the meat, peppers, and cheese. It requires:

- 4 large bell peppers
- 2 lbs of ground beef
- 4 slices of cheese
- 2 cups of rice (or cauliflower rice, which is a healthy & delicious substitute!)

How to prepare the meal:

Steam the rice or cauliflower rice and saute the ground beef on your stovetop. Meanwhile, core the bell peppers. Add cheese to taste, then spoon the beef & rice into the bell peppers.

Having friends over for dinner? Don't worry, you'll have no trouble sticking to your Type 2 Diabetes diet: these recipes are easy to prepare in large quantities. Enjoy and *Bon appetit!*