

MANAGING GLYCOGEN STORAGE DISEASE TYPE Ia (GSDIa)

A personalized nutrition guide and planner

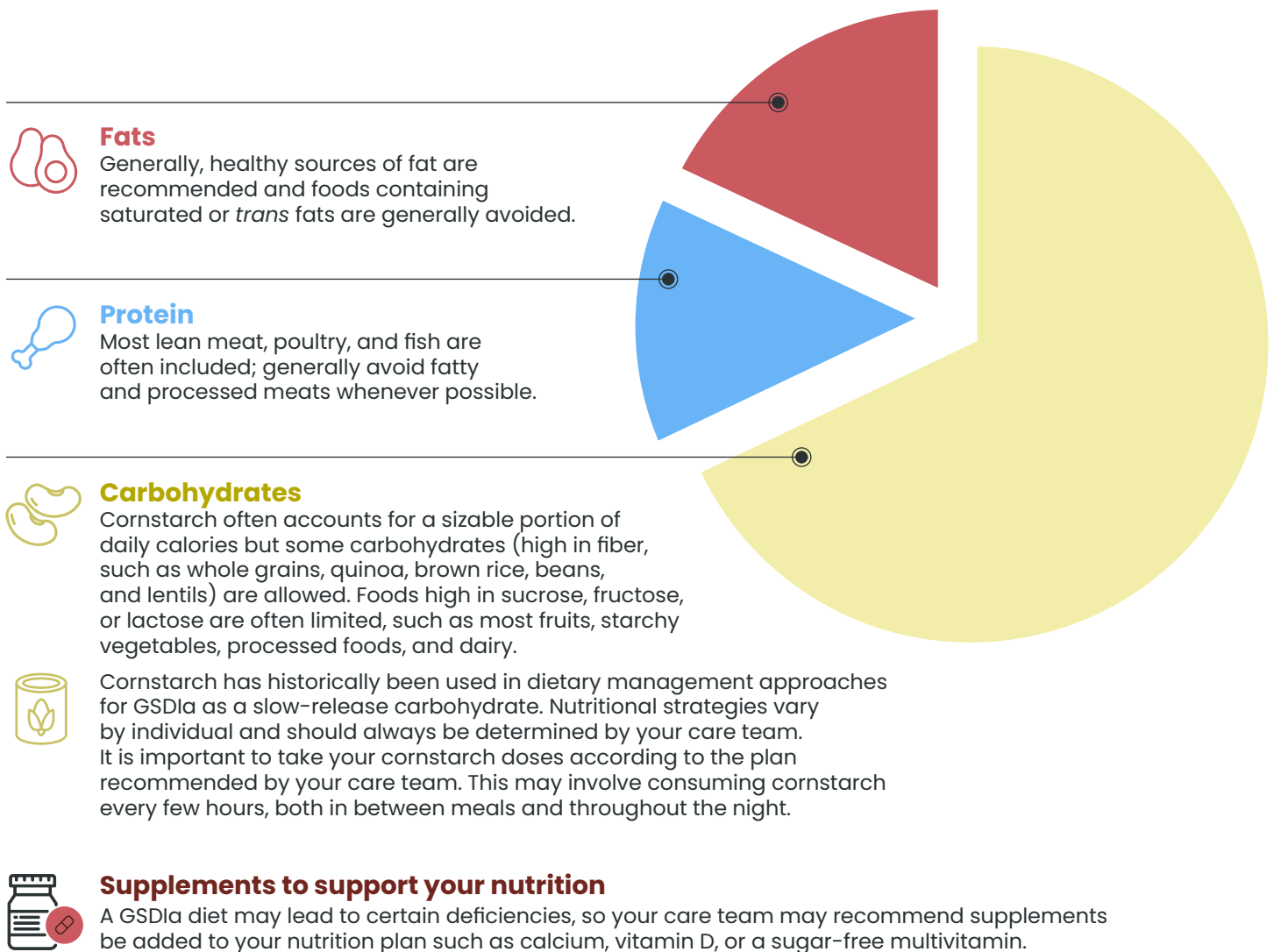
This material is provided for general educational purposes only. It does not provide medical or nutritional advice, does not replace discussions with a healthcare professional, and is not intended to guide treatment decisions. Nutrition and management approaches vary by individual and should be determined by a healthcare professional.



Creating a Balanced Nutrition Plan

A typical GSDIa nutrition plan should include high-fiber carbohydrates and limited amounts of simple sugars.*

*This chart is for illustrative purposes only. A nutritional plan is part of a comprehensive approach to long-term management. Individuals should always talk with a doctor or dietitian about a nutritional plan that helps with their specific needs.



GSDIa nutrition plans are complex and can change with time based on your unique needs and lifestyle. It is important to **monitor your metabolic health** and closely **work with your dietitian** to adjust your nutrition plan as your needs change.

Helpful Tips for a Balanced Diet

To help manage blood glucose levels, your dietitian will work with you to create a balanced nutrition plan that includes proteins, healthy fats, and fiber-rich carbohydrates eaten in small, frequent meals, along with your cornstarch doses.

Understanding the Nutrition Facts Label

Nutrition Facts	
10 servings per container	
Serving size	8 crackers (22g)
Amount Per Serving	
Calories	120
<small>% Daily Value*</small>	
Total Fat 6g	8%
Saturated Fat 0.5g	3%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 210mg	9%
Total Carbohydrate 10g	4%
Dietary Fiber 3g	11%
Total Sugars 0g	
Includes 0g Added Sugars	0%
Protein 4g	
<small>Not a significant source of vitamin D, calcium, iron, and potassium</small>	
<small>*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.</small>	

Sample nutrition label for illustrative purposes only.

● **Take note of the serving size on the label.**
The total amount of carbohydrates is based on the serving size. Adjust the amount of carbohydrates based on how much you eat (for example, double the amount for two servings, halve the amount for one-half serving).

● **Total carbohydrates are listed in grams (g).**
The total carbohydrate value includes complex carbohydrates the body converts to glucose, as well as:

- **Dietary fiber:** occurs naturally in plants and helps with digestion and blood glucose control
- **Total sugars:** includes naturally occurring sugars found in fruit and milk and added sugars, like honey and syrups

When choosing carbohydrates, look for options high in fiber, such as whole grains, beans, and lentils, which may help keep your blood glucose levels steady.

Changes in Your Body or Routine Can Affect Your Blood Glucose Levels

Many factors can affect your blood glucose levels. Remember to share this information with your care team:



Growth or weight changes



Changes to your diet or eating schedule



Changes in your activity or exercise level



Changes in stress levels



If you are sick, especially if you have a fever, vomiting, diarrhea, or decreased appetite



Hormone-related changes, such as puberty and pregnancy

Blood glucose monitoring

Checking your blood glucose every day is an important part of managing GSD1a and provides your care team with the information they need to adjust your diet and cornstarch plan. Blood glucose levels can be checked multiple times a day by using methods such as:



Continuous Glucose Monitoring



Finger-Prick Testing

Staying in regular contact with your care team helps ensure your management plan meets your changing needs. **The planner** may be used to log your symptoms and other changes to share with your care team.

Tracking Is Essential

Careful tracking on an ongoing basis can help your care team:

- Provide helpful education and strategies to best support your nutritional needs and personal meal planning preferences
- Identify the types and amounts of food that can cause your blood glucose levels to spike
- Evaluate daily calorie intake and timing of meals and snacks
- Make potential adjustments to cornstarch intake: amount and frequency
- Assess overall breakdown of diet to ensure you are meeting nutritional needs
- Incorporate your personal goals, lifestyle, and activities into a meal plan that works for you

How to Use Your Planner

This planner can help you document and track information about your GSD1a symptoms or other changes. The forms may be completed at home or with a healthcare provider and shared with your care team before or during appointments.

To get started, complete the "About Me" page to personalize your planner

Tracking your GSD1a symptoms or other changes

- With your healthcare provider, identify and list the symptoms or other changes to track. You can use one sticker color per observation to help with monitoring
- Each month, note the date and add a sticker or short note about any GSD1a-related symptom or event that occurs. If needed, use the additional pages to add more details
- Share this planner with your healthcare team(s) to discuss trends in symptoms or other changes

Steps to document observations

1 Use the color legend to fill in the symptoms or other changes you will be tracking

2 Customize each calendar for the desired month

3 Place the matching stickers on a day to mark when you experienced any symptoms

4 Use the additional pages to add more details about your symptoms or other changes

About Me

Name: _____

Phone: _____

Email: _____

My care team

Name: _____

Specialty: _____

Phone: _____

Email: _____

Name: _____

Specialty: _____

Phone: _____

Email: _____

Name: _____

Specialty: _____

Phone: _____

Email: _____

After hours contact

Name: _____

Specialty: _____

Phone: _____

Email: _____

Upcoming appointments

Provider name	Date	Time

Identifying Symptoms or Changes to Track

Work with your care team to identify which symptoms or changes to track, then list them in the spaces below. Each color corresponds with the virtual stickers provided within the guide.

● _____

● _____

● _____

● _____

● _____

● _____

Examples of symptoms to track may include:

- Nausea
- Lightheadedness
- Shaking or tremors
- Bloating or stomach pain
- Diarrhea

Examples of events to track may include:

- Illness (flu, cold)
- Stress (school, work, relationships)
- Hormonal changes (menstruation)
- Physical activity (running, workouts, new sports)
- Life events (wedding, graduation, birth of child)

GSDIa Planner: Symptoms and Other Changes

Month: _____

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
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<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Symptoms Stickers:



Select the digital sticker matching your legend.

Shift + click ctrl/command C (copy)/V (paste) on your keyboard. Drag to desired space.

Notes

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Month: _____

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
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Notes

Additional Symptoms or Changes You May Have Experienced

Observation

Date observed

How long did it last?

How you responded

Observation

Date observed

How long did it last?

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Quick Tips



Keep your planner with you

Having your planner by your side can help ensure symptoms and other changes are logged in a timely manner.



Bring to your appointments

Details noted within this planner can help keep your care team informed about how you are doing.



Add notes that reflect how you are feeling

Short entries about your symptoms and other GSDIa-related experiences can provide helpful context when speaking with your care team.

Visit [understandingsdia.com](https://www.understandingsdia.com) to uncover more about GSDIa.