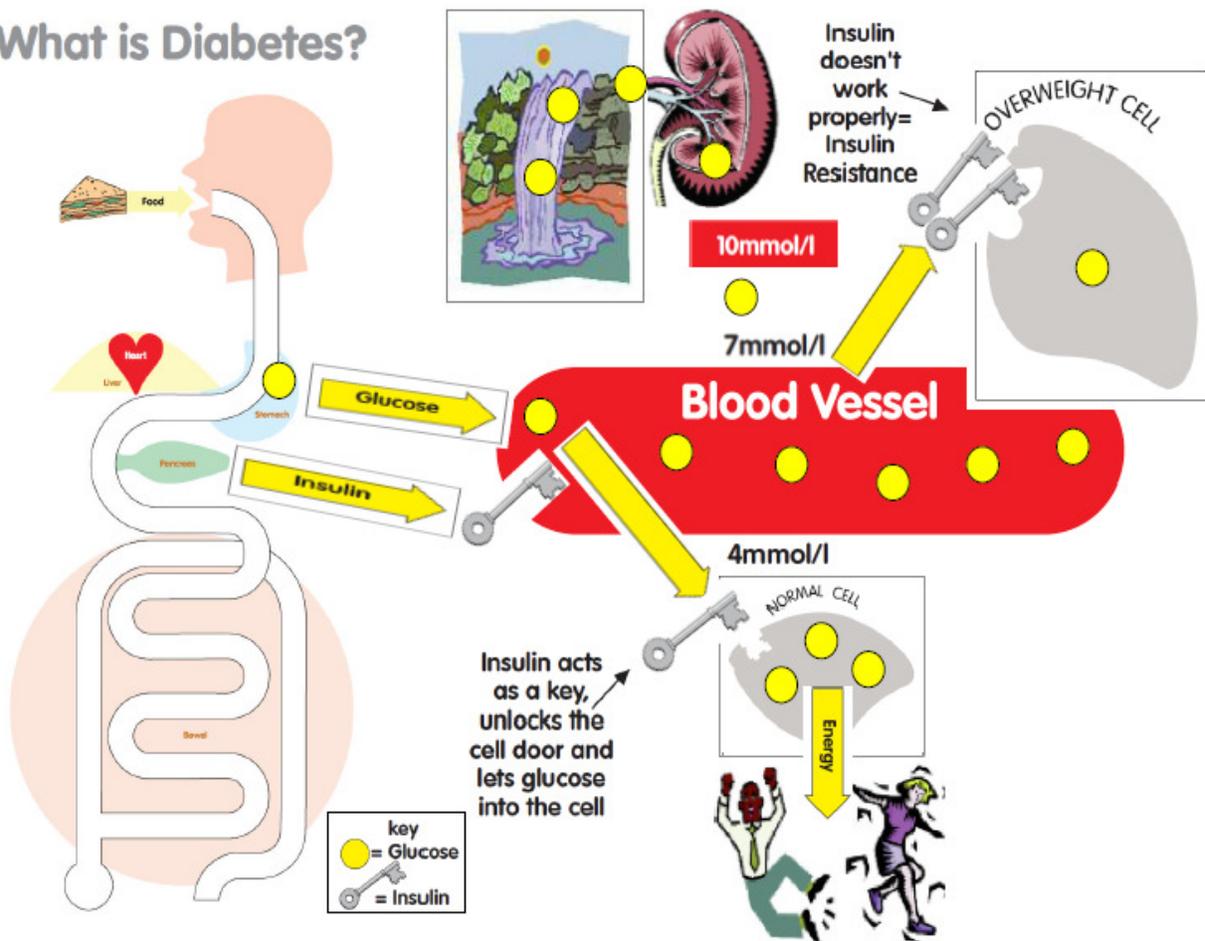


What is Diabetes?



Our body needs food and nutrients for energy and to keep healthy. All starchy and sugary foods provide the body with the nutrient carbohydrate. These foods containing carbohydrate are broken down into glucose in the blood. The body uses this glucose to make energy. Diabetes is a common condition in which the body cannot use the glucose to make energy. As a result the amount of glucose in the blood is too high. Normally, a person's pancreas (an organ in the body) produces a hormone called insulin, which acts like a key, unlocking the door into the energy producing body cell. Diabetes occurs when the body does not produce enough insulin, or produces insulin but cannot use it properly.

There are two types of diabetes:

- **Type 1 diabetes** occurs when there is a severe lack of insulin in the body because the cells in the pancreas that produce it have been destroyed. This type of diabetes usually appears in people under the age of 40, often in childhood, and is treated by insulin injections, diet and physical activity.
- **Type 2 diabetes** develops when the body can still make some insulin, but not enough for its needs, or when the insulin that is produced does not work properly (known as insulin resistance). If someone is overweight their body cells are bigger and as a result the insulin cannot work properly. This type of diabetes usually appears in people over the age of 40 but increasingly it is appearing in children and young adults. The cornerstone of treatment for Type 2 diabetes is lifestyle changes (dietary changes, physical activity and if necessary, weight loss) but with time, some people may also need tablets and/or insulin.

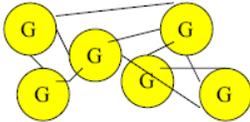
CARBOHYDRATE

This is the **most important** nutrient in blood glucose control

There are 2 types of carbohydrate foods

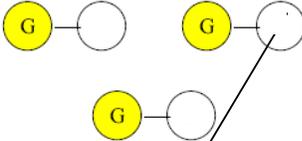
Starchy Foods

For example:
**Potatoes, Rice, Pasta,
Bread, Breakfast Cereal,
Porridge, Scones, Crackers**

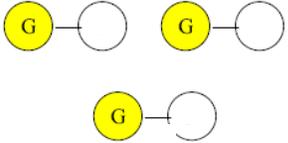


Foods containing Sugar

Added sugar:
**Sugar, Jam, Honey,
Fizzy drinks, Jelly
Some Desserts,
Sweets, Biscuits, Cake,**



Natural sugar:
**Fruit
Milk
Yogurt**



Our body breaks these foods down into:

Glucose

which goes into our



and gives us:



Energy