I have type 1 diabetes. This means that my body does not make insulin, so I need to inject it.
What should I eat?

What I eat is important. It affects how well I feel and how my insulin works.

I eat more from the groups at the bottom of the pyramid and avoid foods from the top.

Sweets

Dairy

Meat & Fish

Vegetables

Fruit

Starches
Know the diabetes warning signs

Contact a doctor or nurse if your child exhibits any of these signs

Frequent urination

Weight loss

Lack of energy or very tired all the time

Excessive thirst
Where should I inject insulin?

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