

# Type 1 diabetes

changing  
diabetes®  
in children



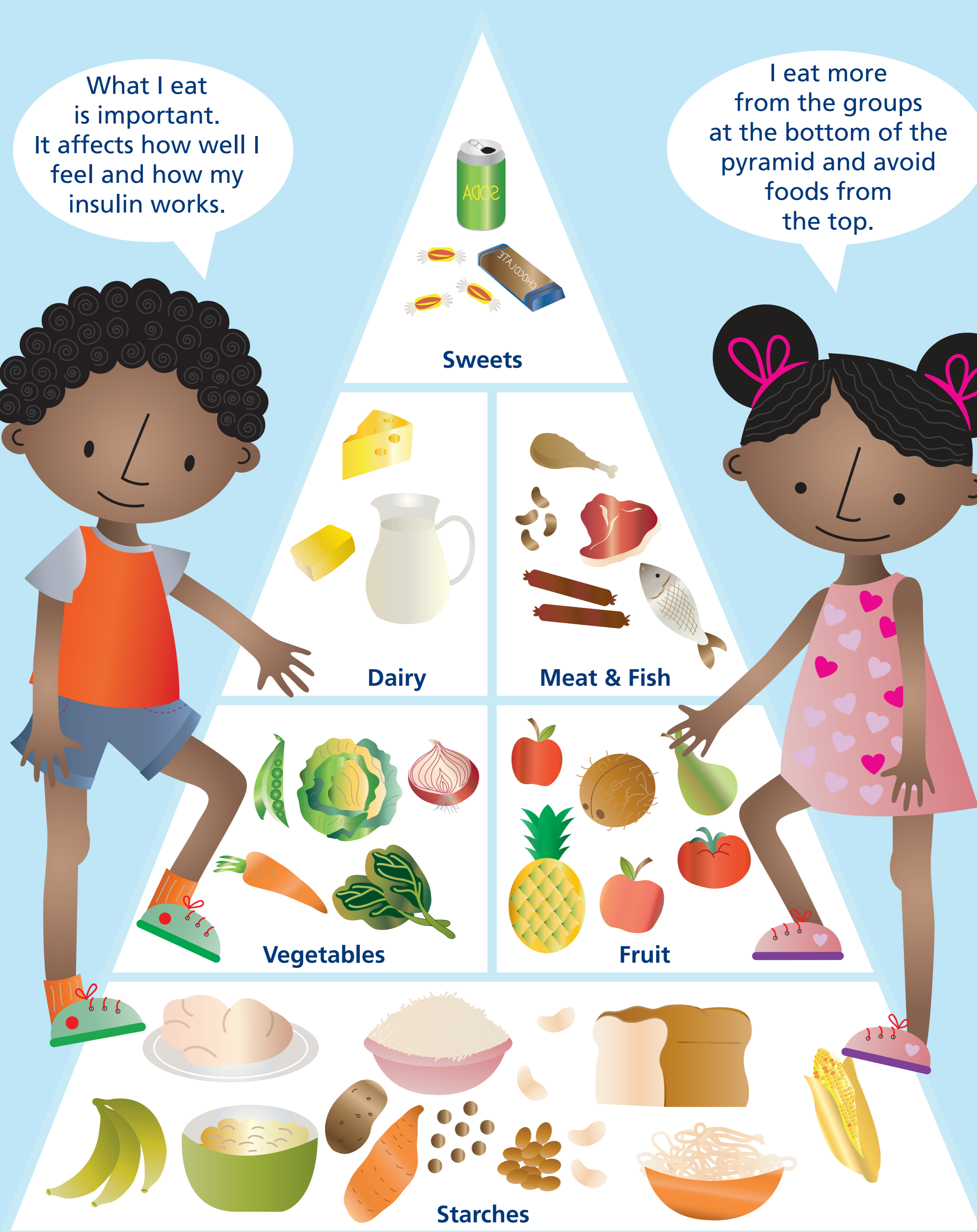
I have type 1 diabetes.  
This means that my body  
does not make insulin, so I  
need to inject it.

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# 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.

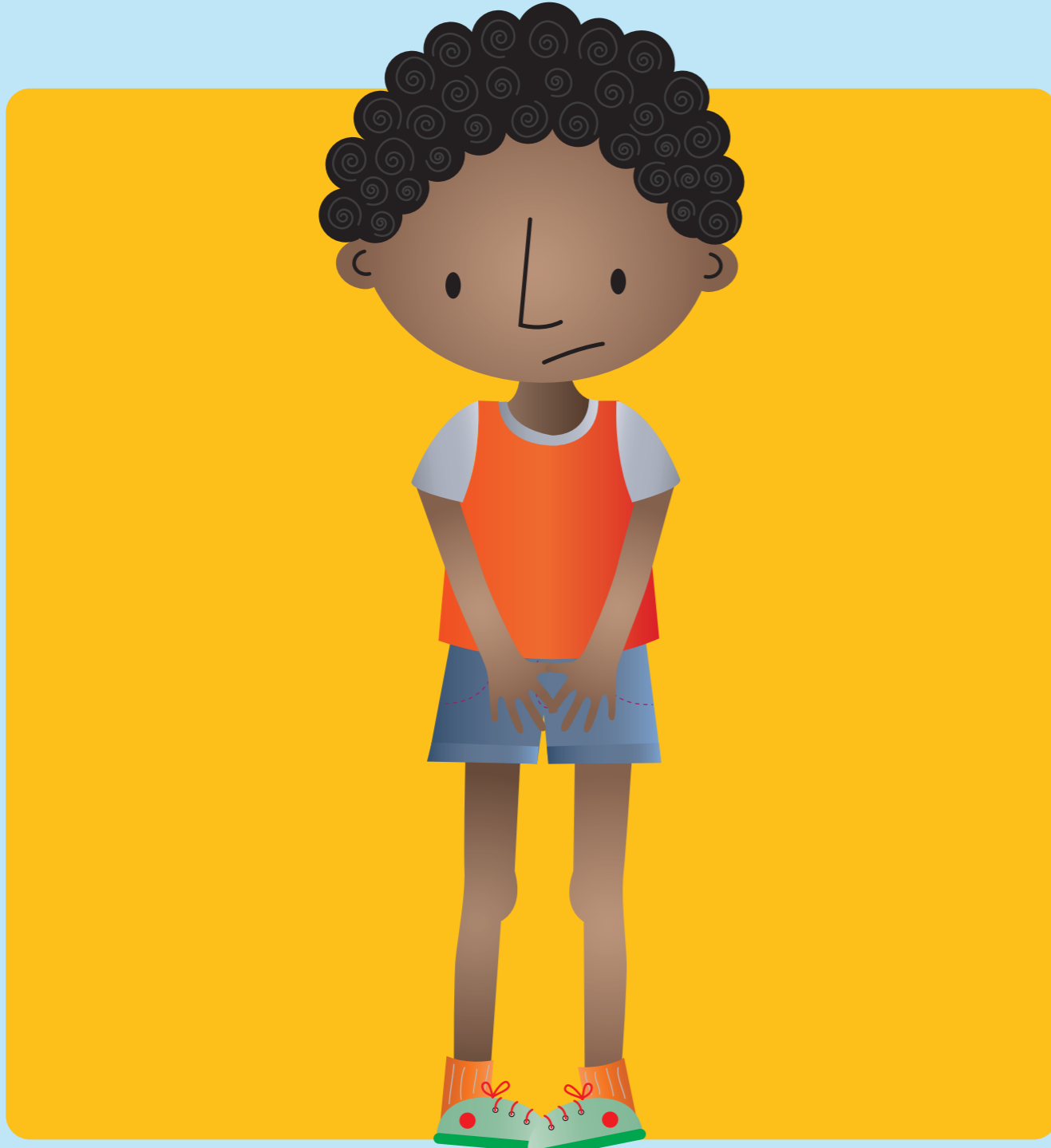


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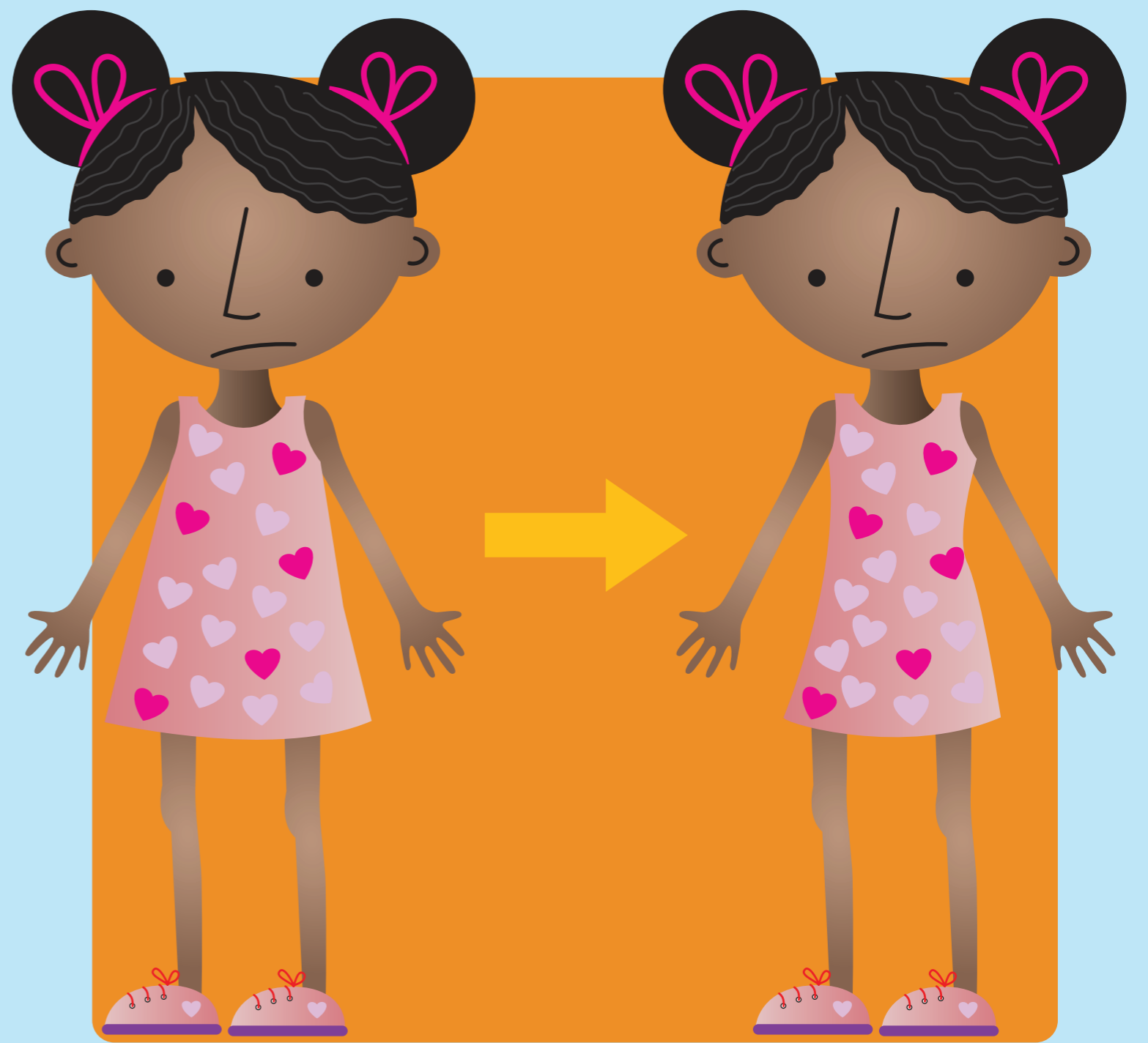
# Know the diabetes warning signs

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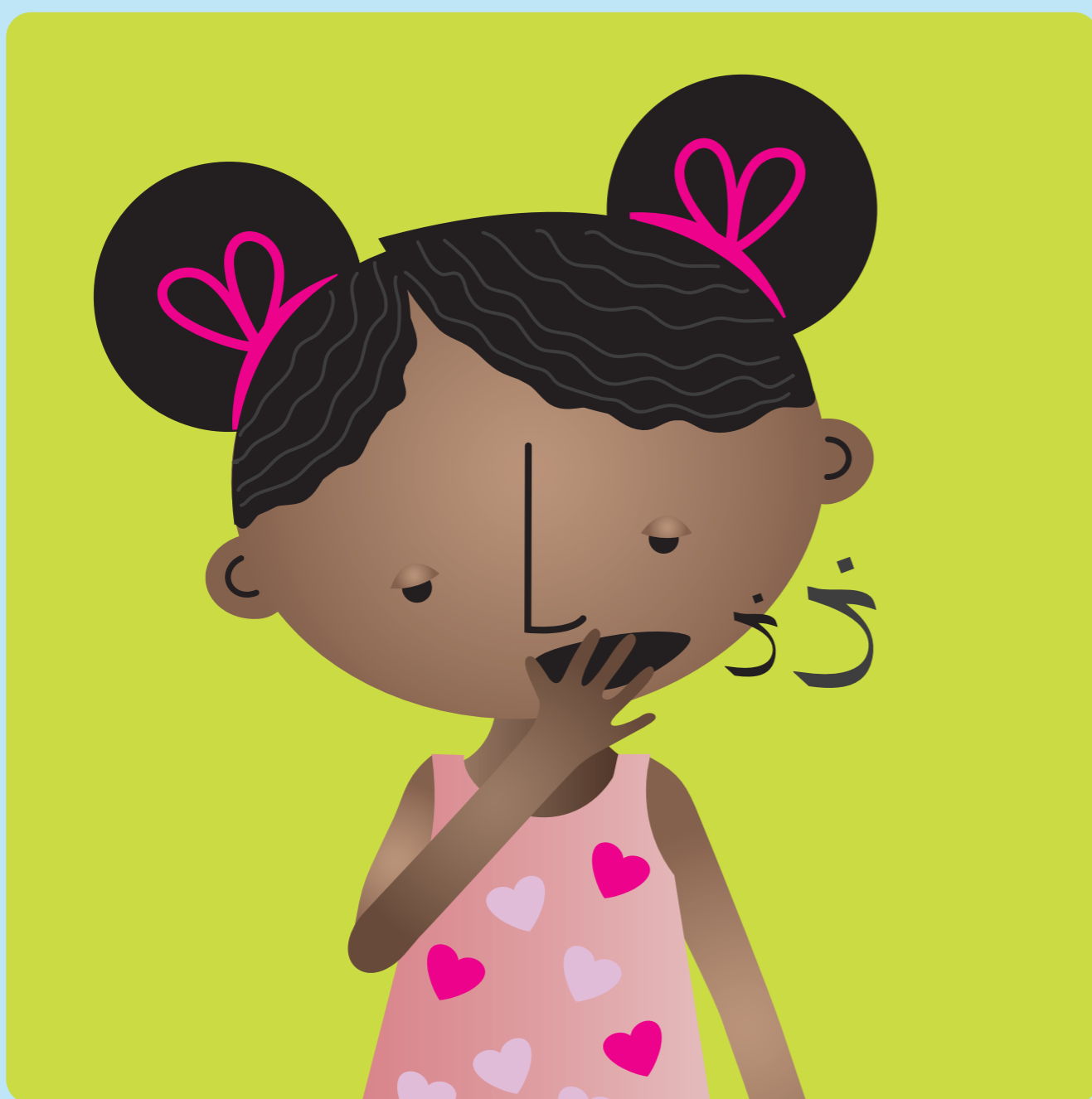
Contact a doctor or nurse if your child exhibits any of these signs



Frequent urination



Weight loss



Lack of energy or very tired all the time



Excessive thirst

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# Where should I inject insulin?

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Front

Back

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