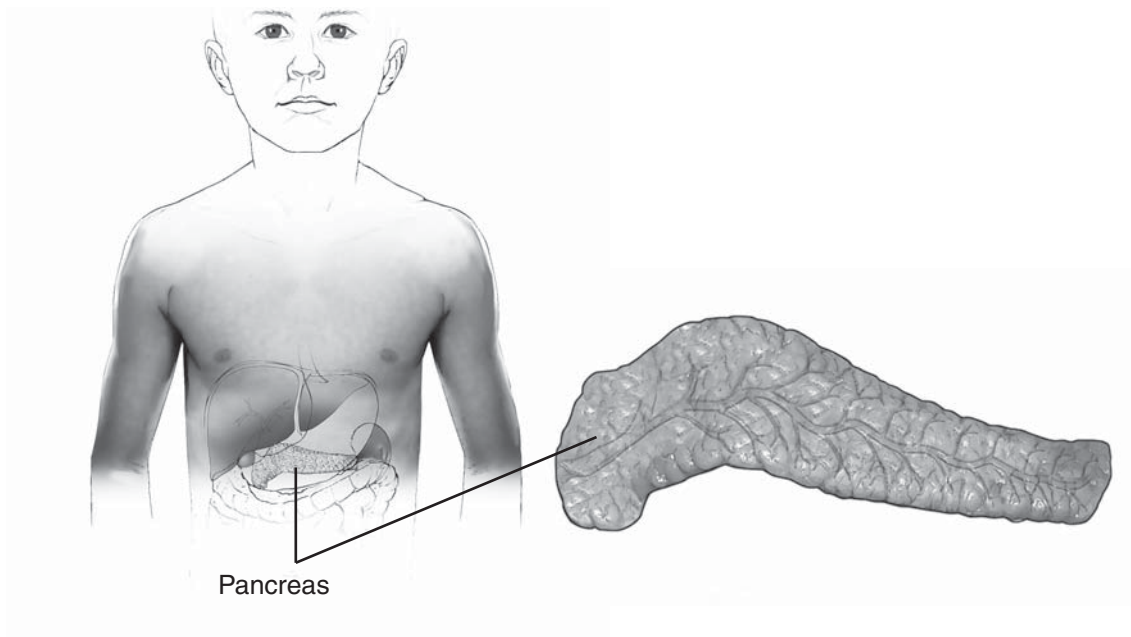
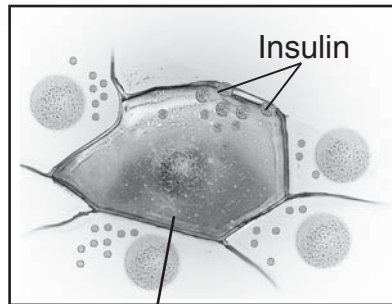
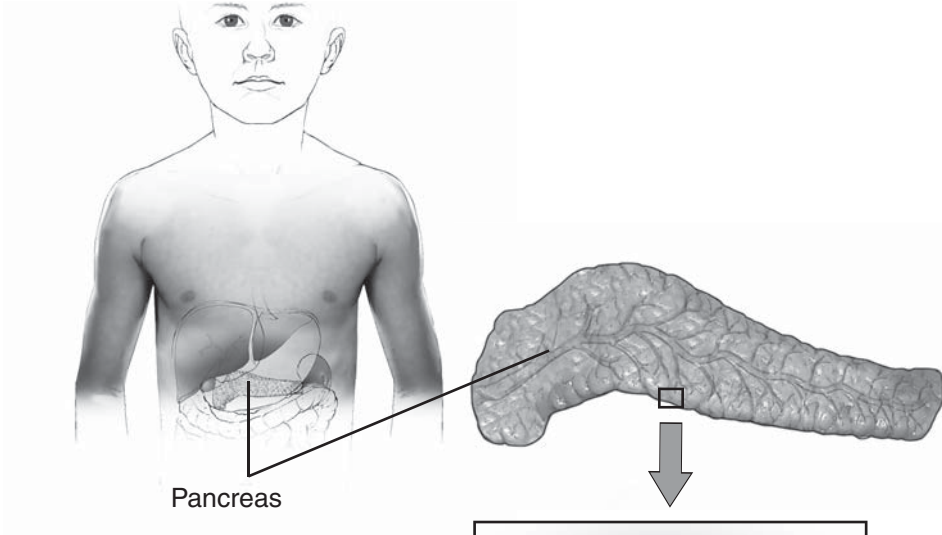


Where Insulin is Made



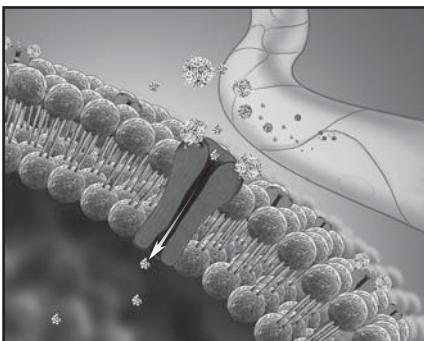
Where Insulin Comes From and What It Does



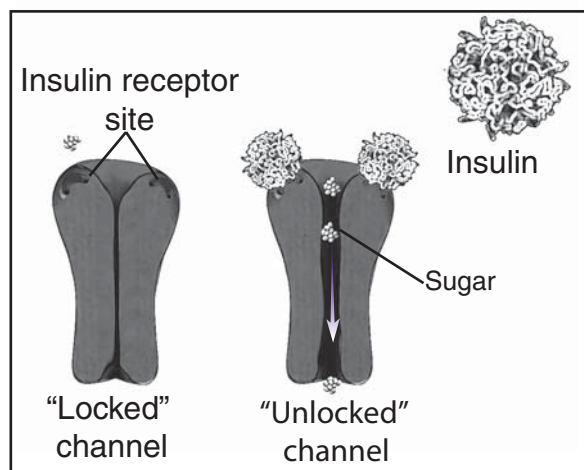
Insulin is made when we eat

Beta cell in pancreas

Close up of tissue cell wall

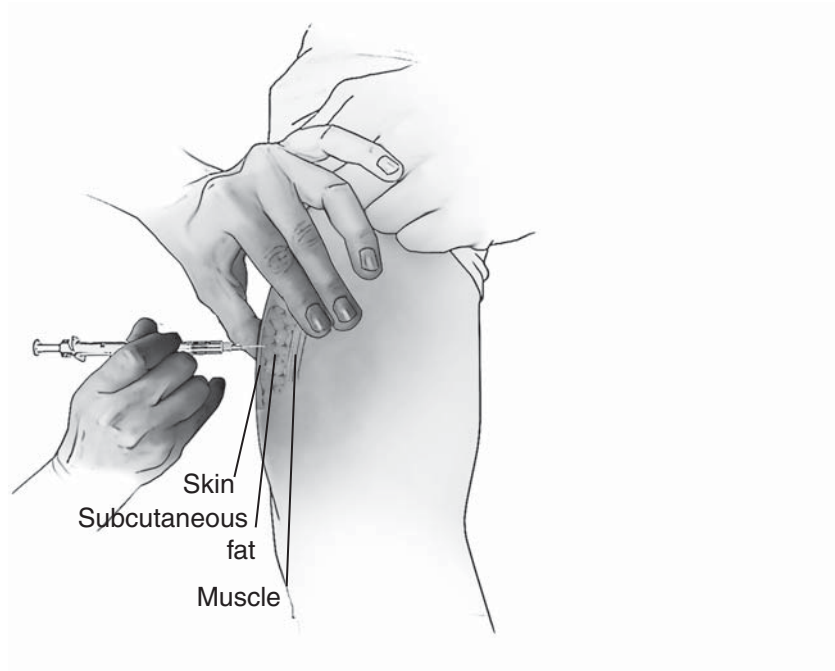


Insulin and glucose are both carried by the blood stream and released into tissues.



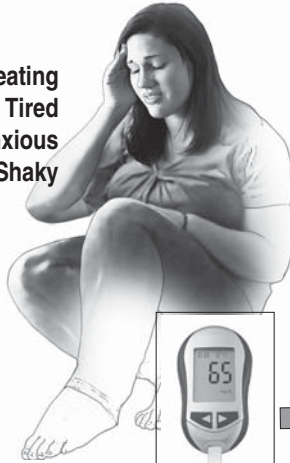
Insulin "unlocks" the cell channels so sugar can go inside

Subcutaneous injection of insulin



Hypoglycemia

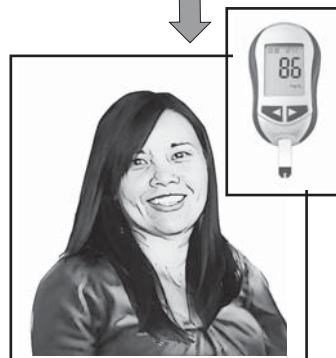
Sweating
Tired
Anxious
Shaky



OR



Drink 4 oz. juice OR eat 4 glucose tablets

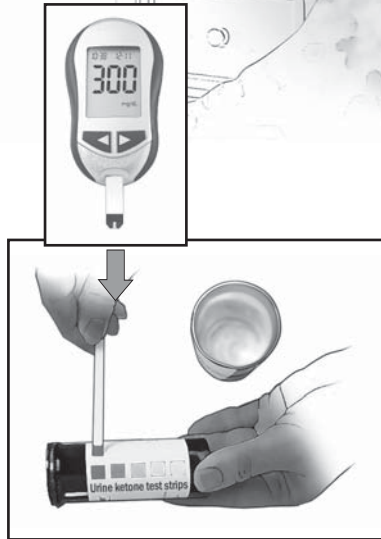
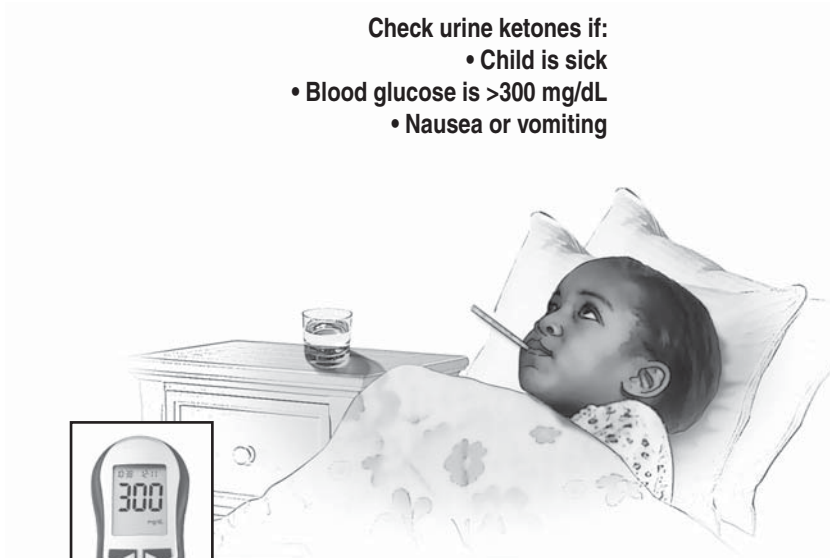


15 minutes after having the juice OR taking glucose tablets and re-checking blood glucose.

Hyperglycemia and Ketones

Check urine ketones if:

- Child is sick
- Blood glucose is >300 mg/dL
- Nausea or vomiting

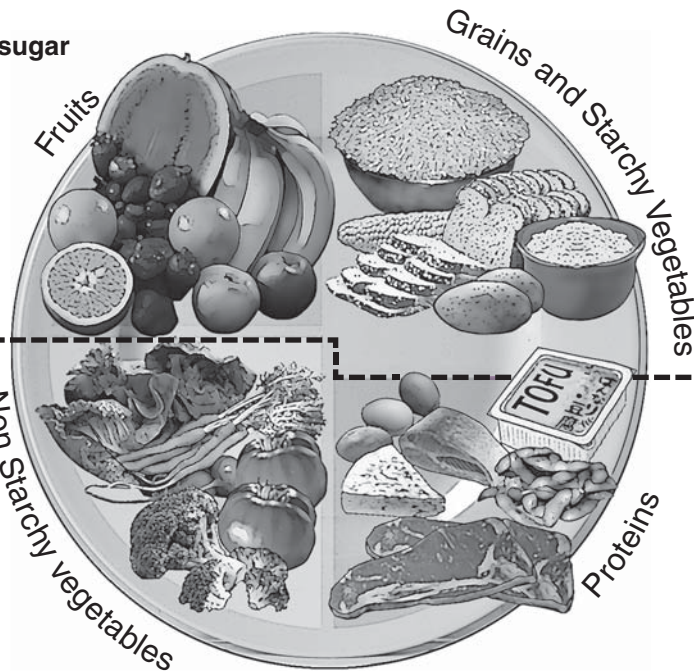


Call doctor if ketones are present

How different foods affect blood sugar

Foods that raise blood sugar

Fruits
Starch and grains
Milk and yogurt
Sweets



Lowfat milk and yogurt

Foods that do not raise blood sugar

Non-starchy vegetables
Meats and proteins (cheese, soy, eggs)
Fats and oils



Oils and Fats

Measuring Carbohydrates

1 serving equals 15 grams of carbohydrates



1 slice of bread

or



1/3 cup of rice

or



2 hard shell tacos

2 servings equals 30 grams of carbohydrates



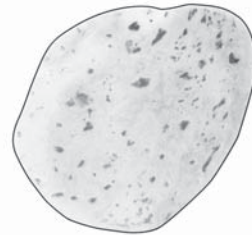
2 slices of bread

or



2/3 cup of rice

or



one 12 inch tortilla

3 servings equals 45 grams of carbohydrates



1 cup of pasta

or



1 cup of rice

or



1 slice of bread

+



+ 2/3 cup of rice