

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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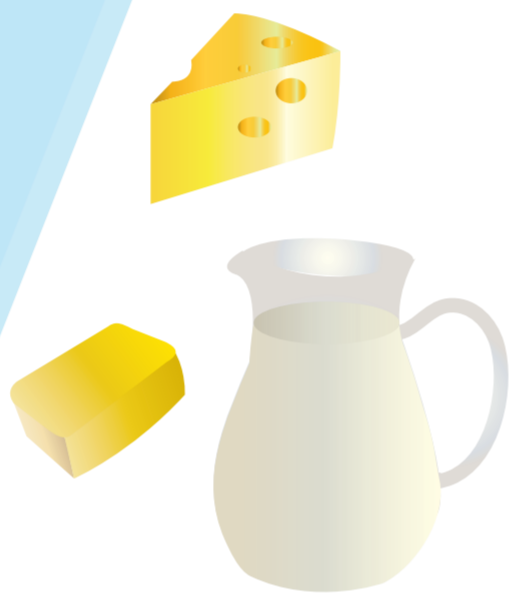
What should I eat?

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

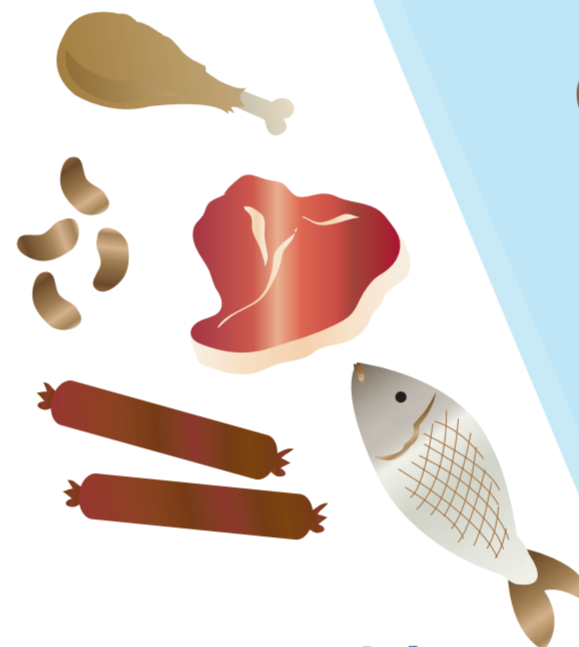
I eat more from the groups at the bottom of the pyramid and avoid foods from the top.



Sweets



Dairy



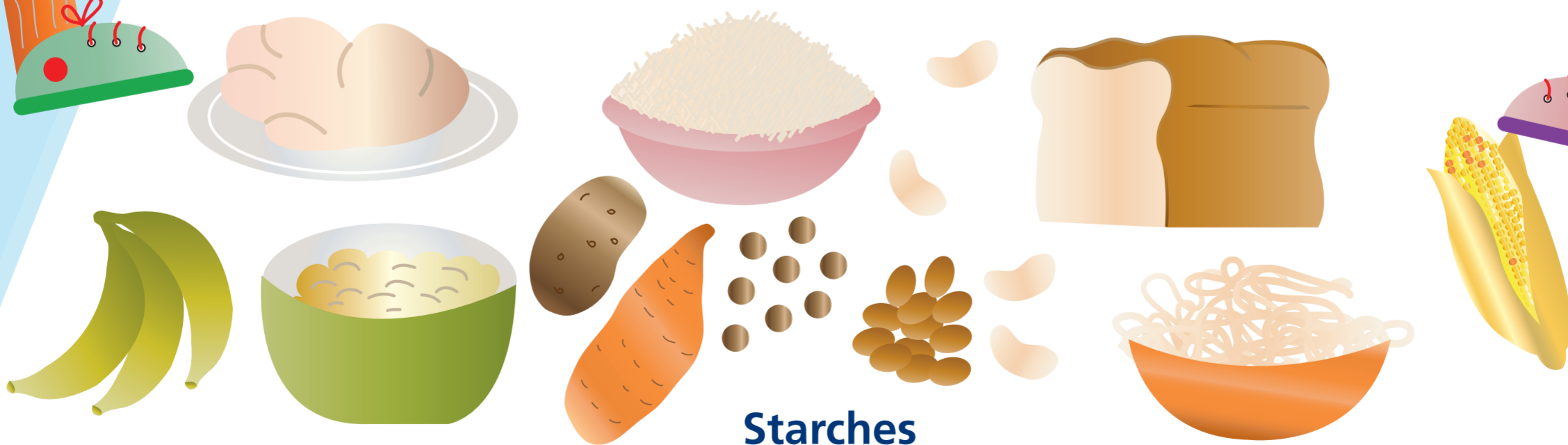
Meat & Fish



Vegetables



Fruit



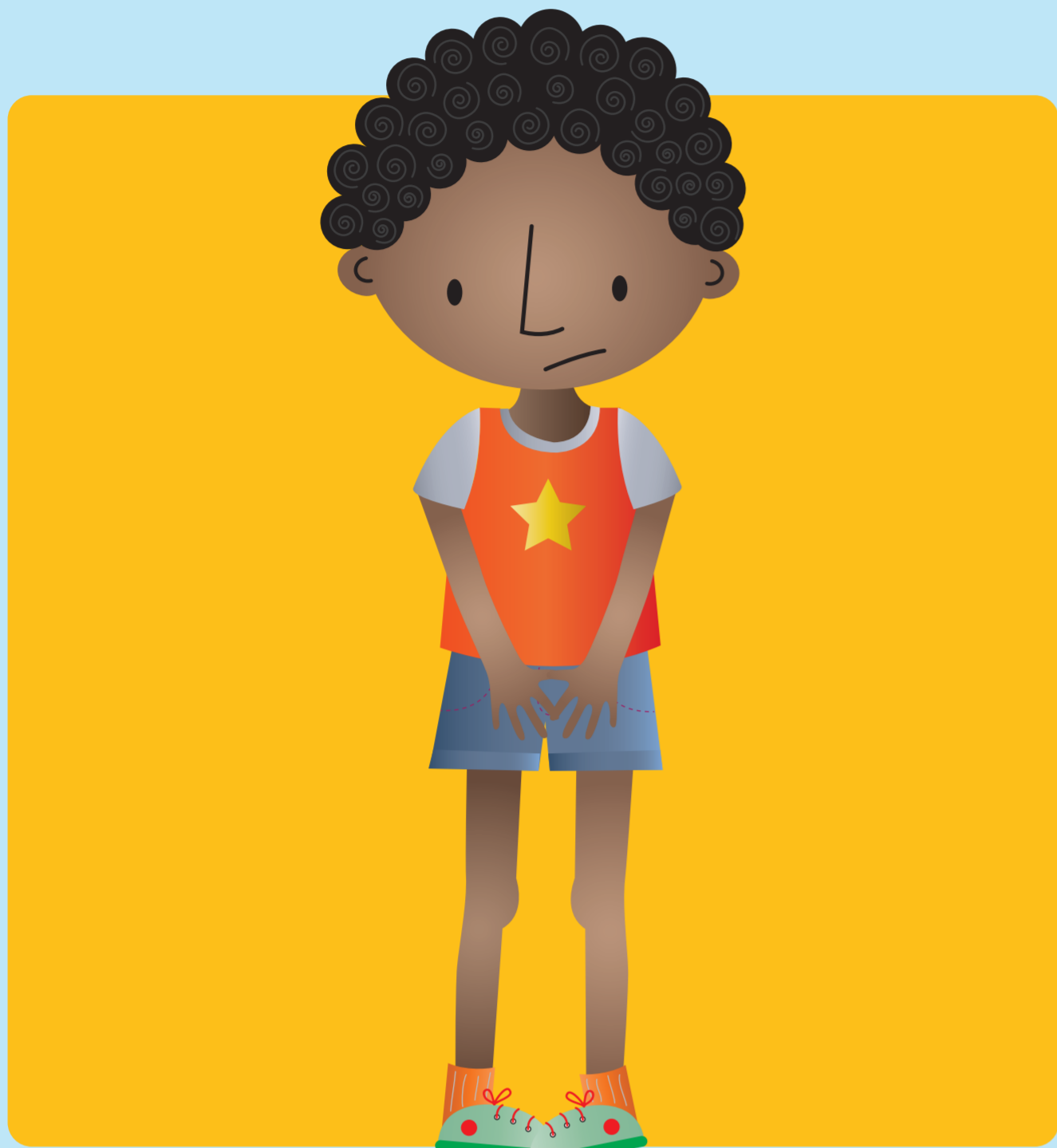
Starches

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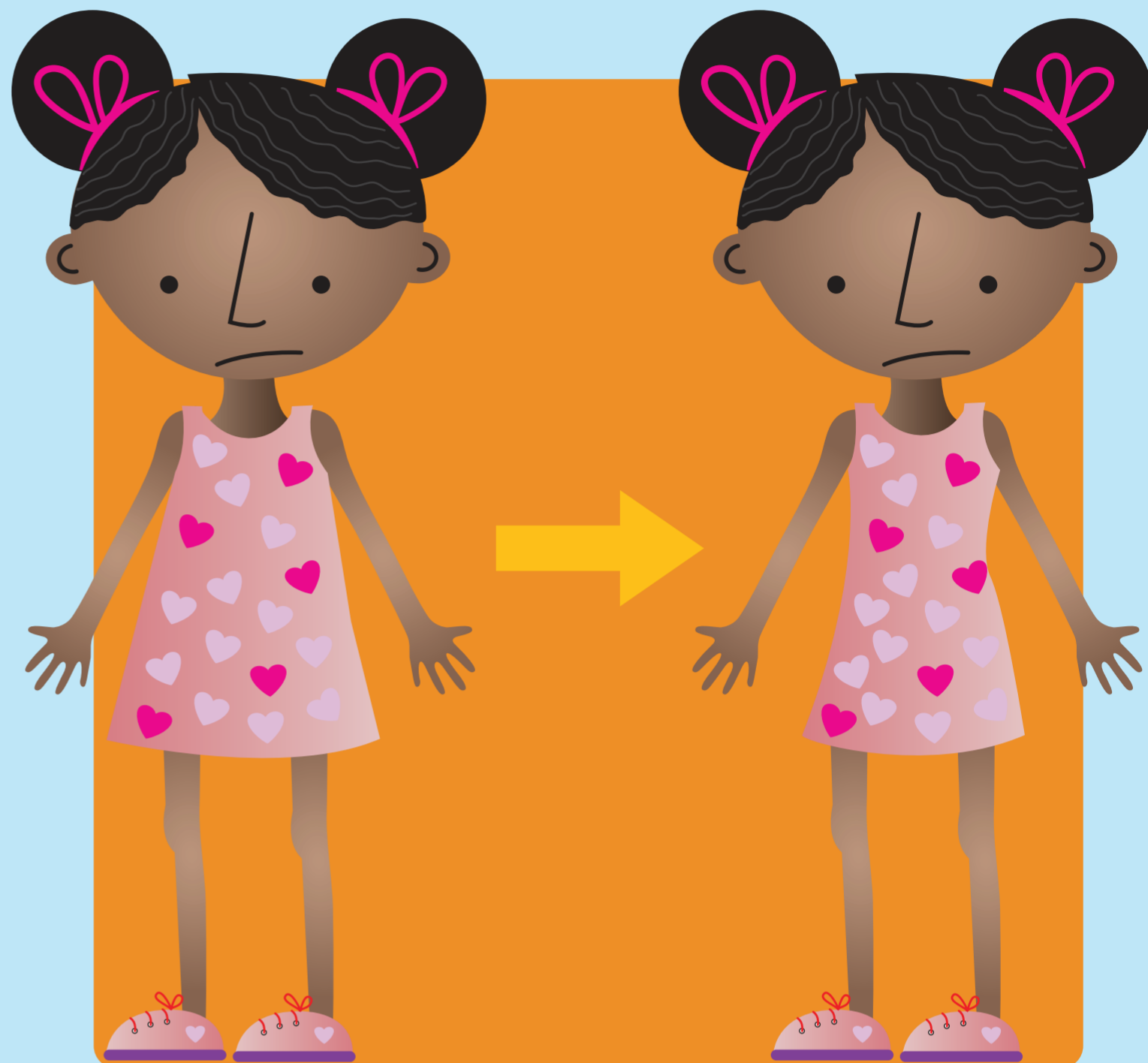
Know the diabetes warning signs

changing diabetes® in children

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?



Front

Back

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