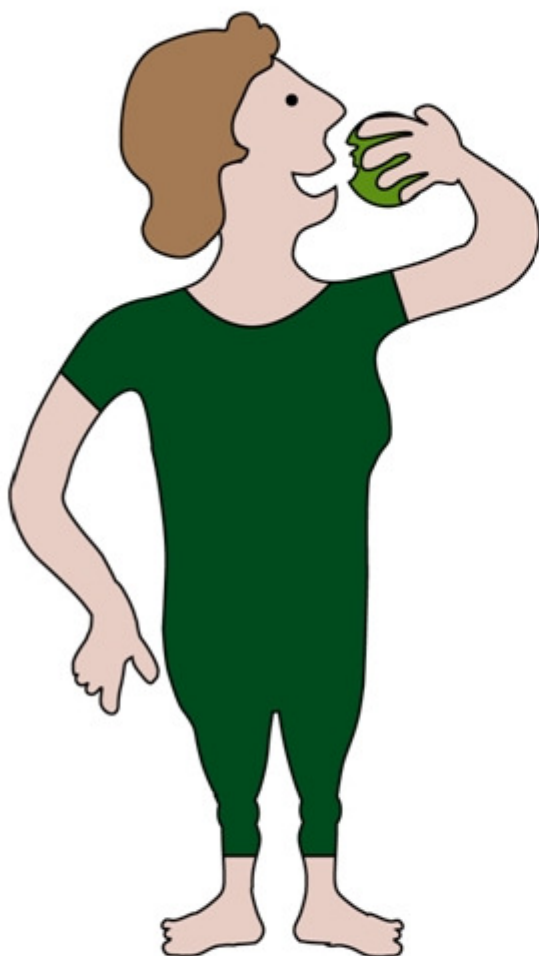
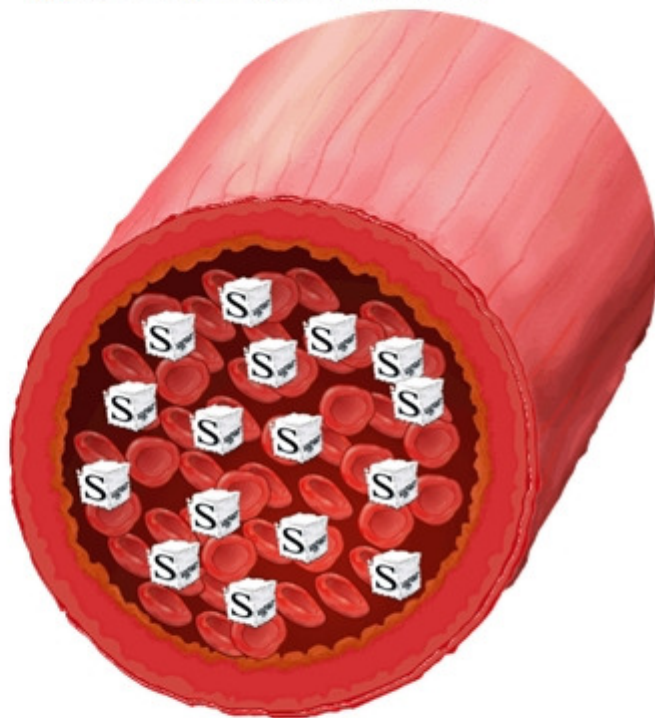


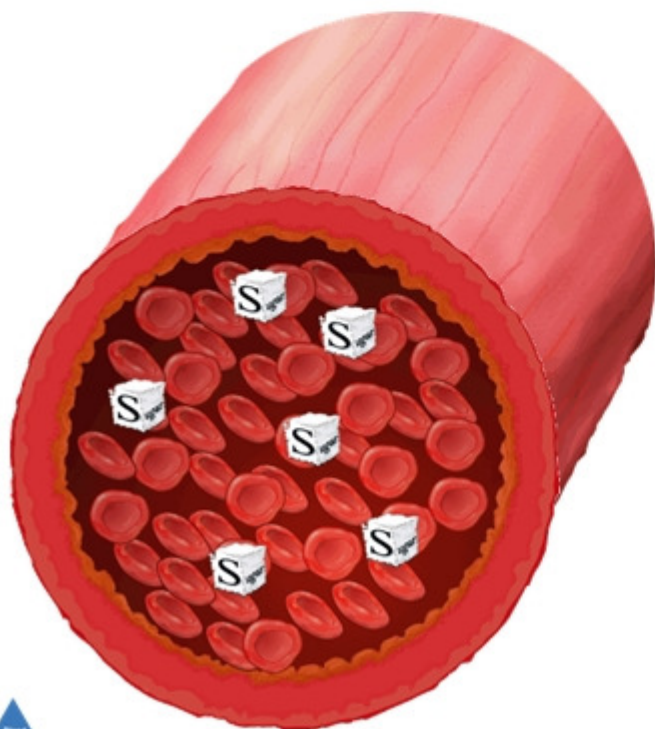
Sugar (Glucose)



When you have diabetes you have too much sugar (glucose) in your blood.



When you don't have diabetes your body can control how much sugar there is in your blood



Everyone has some sugar in their blood. The sugar (glucose) feeds your body and gives it energy and makes it work

Diabetes Sugar

Sugar comes from the carbohydrate food you eat.

SUGARY FOOD is sweet



STARCHY FOOD isn't sweet



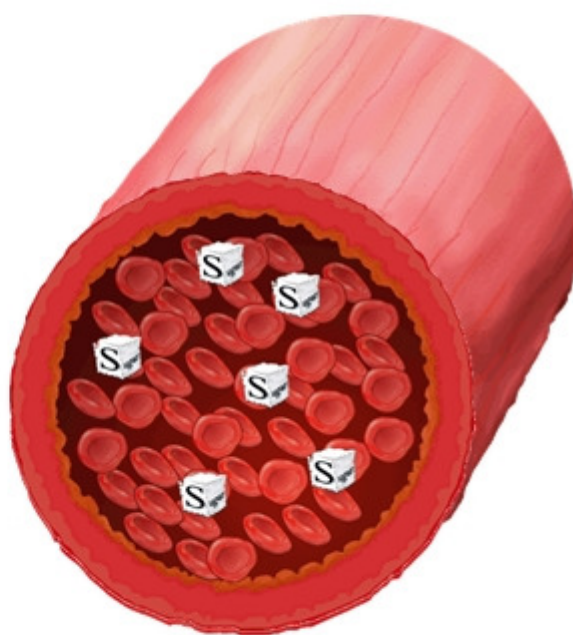
When you eat starch your body changes it into sugar

Diabetes Sugar



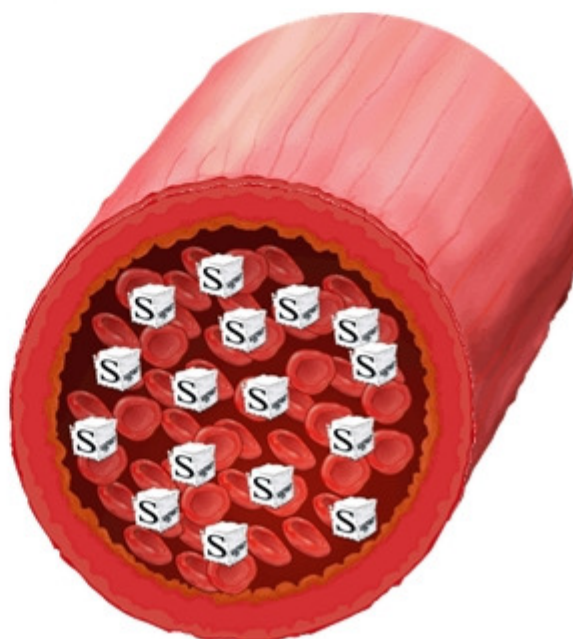
The sugar from your food goes straight into your blood.

Before eating



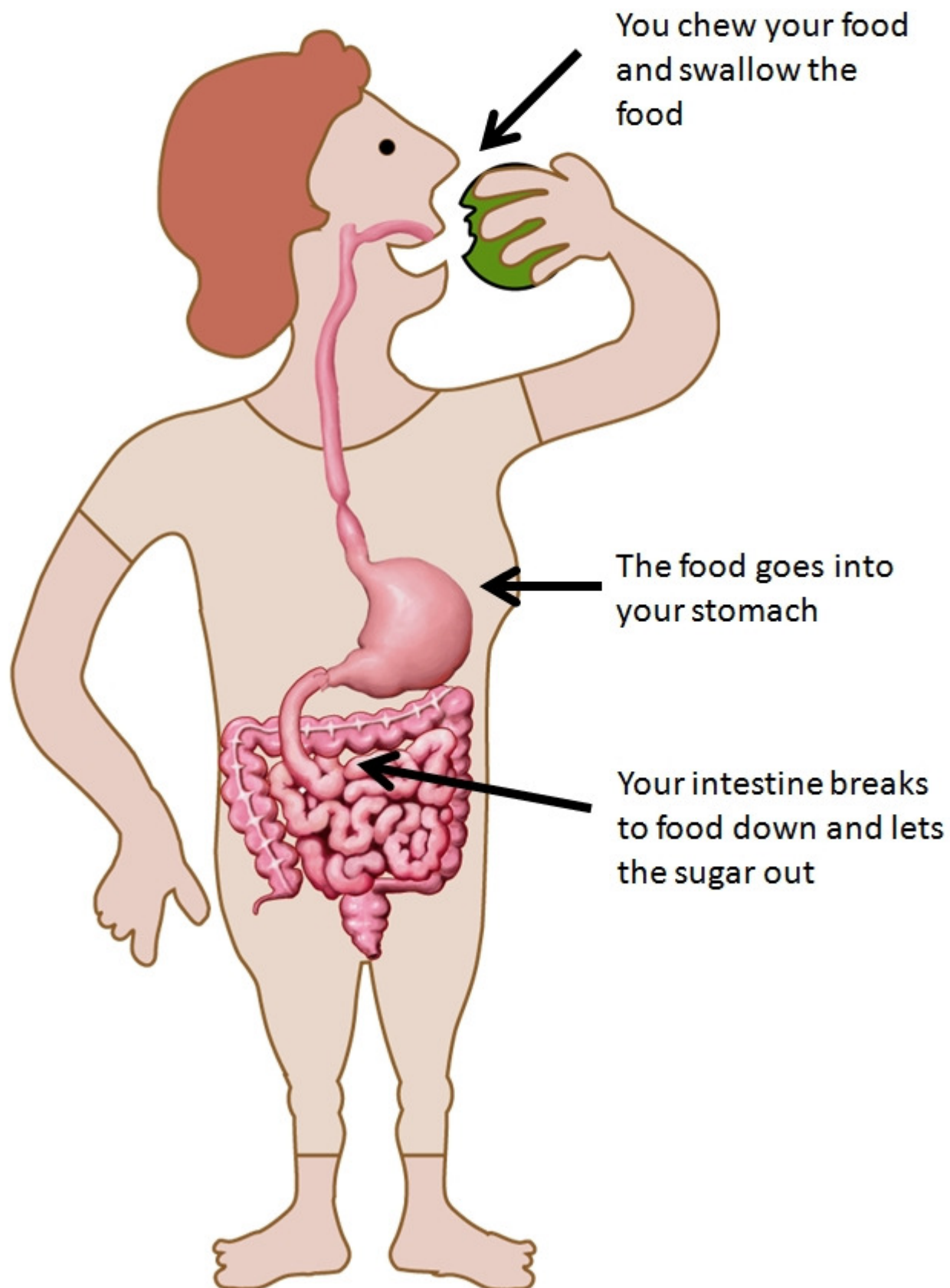
This makes your blood sugar goes up

After eating



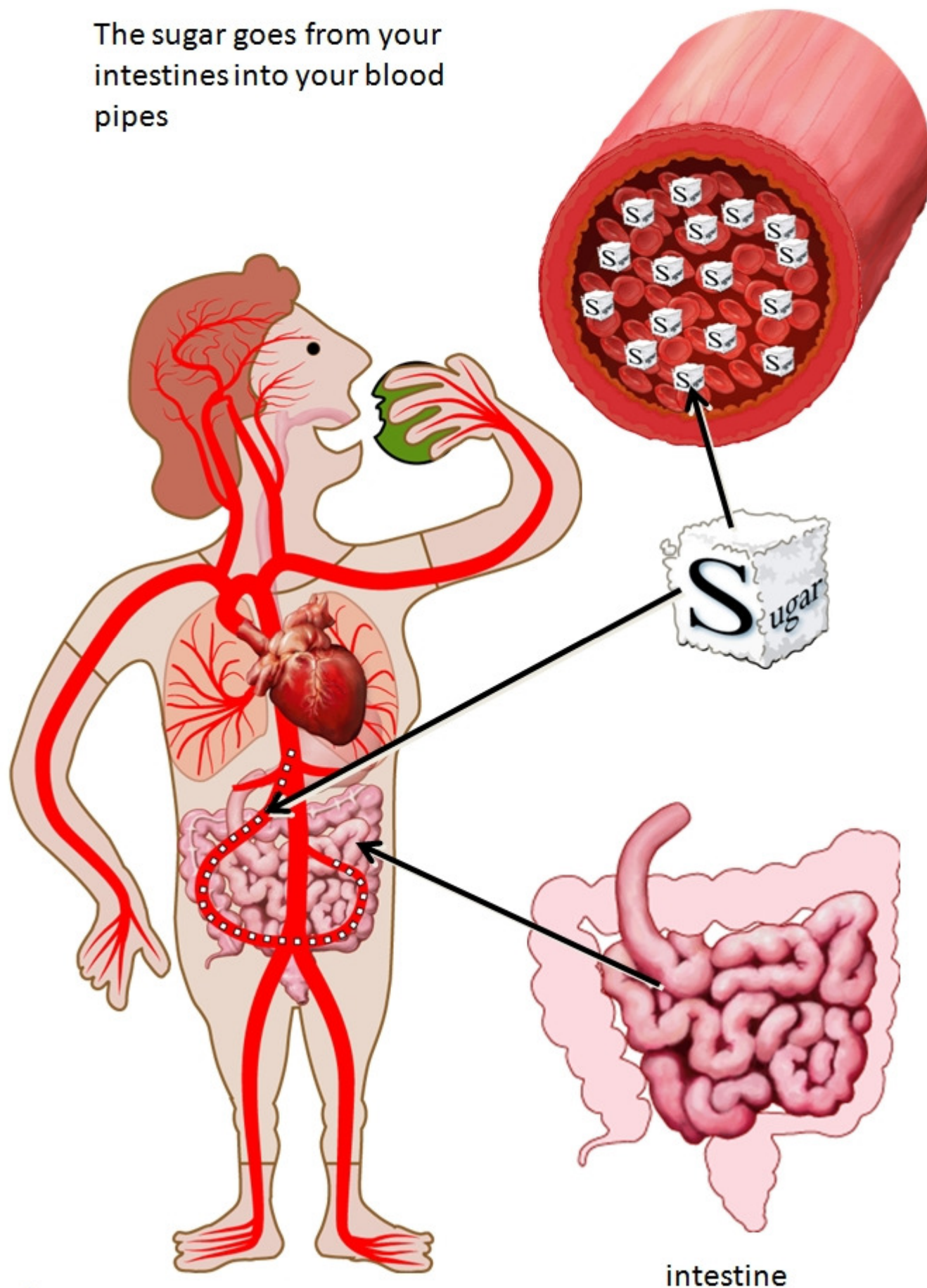
Diabetes Sugar

This is what happens when you eat food containing sugar and starch



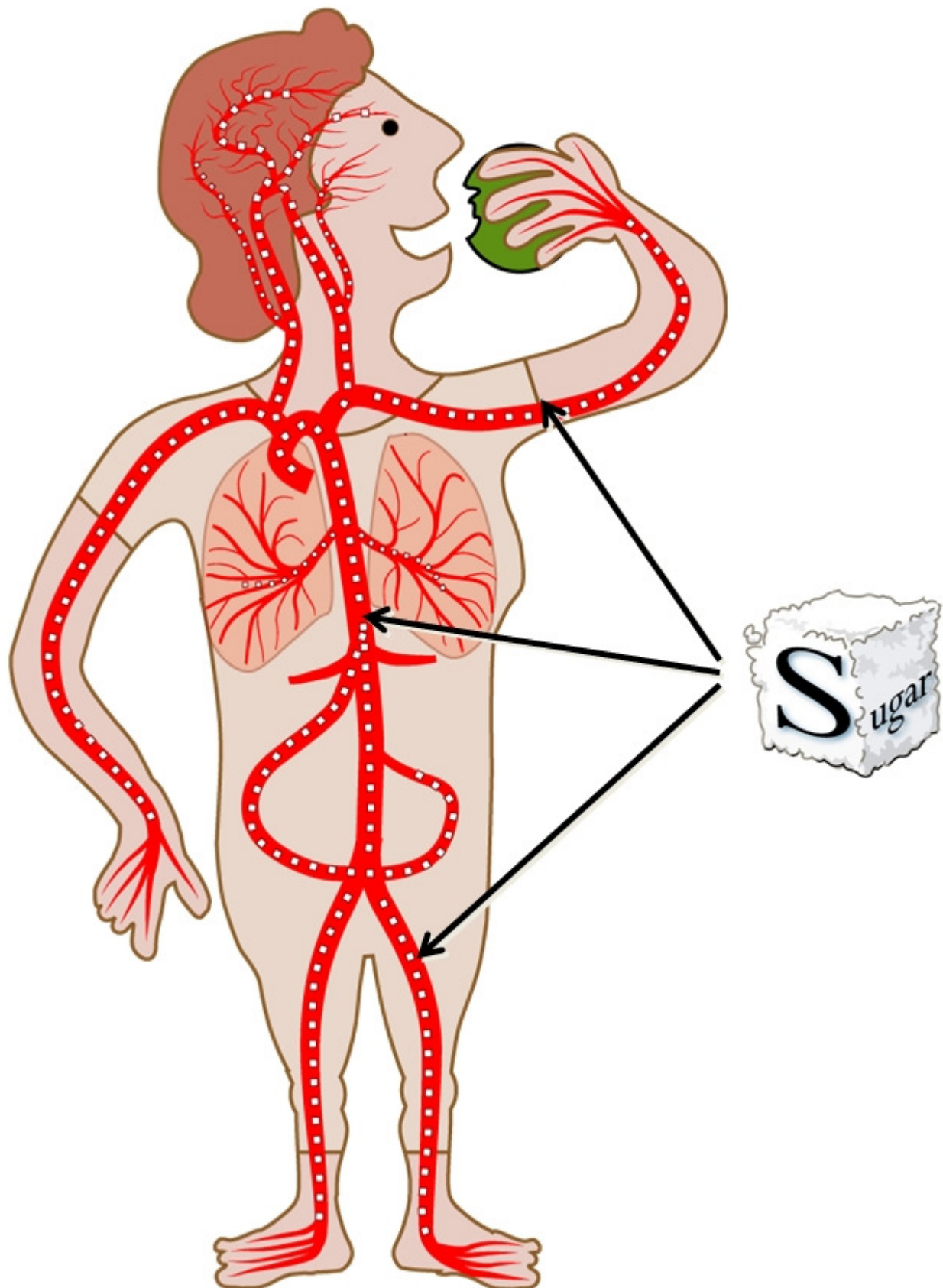
Diabetes Sugar

The sugar goes from your intestines into your blood pipes



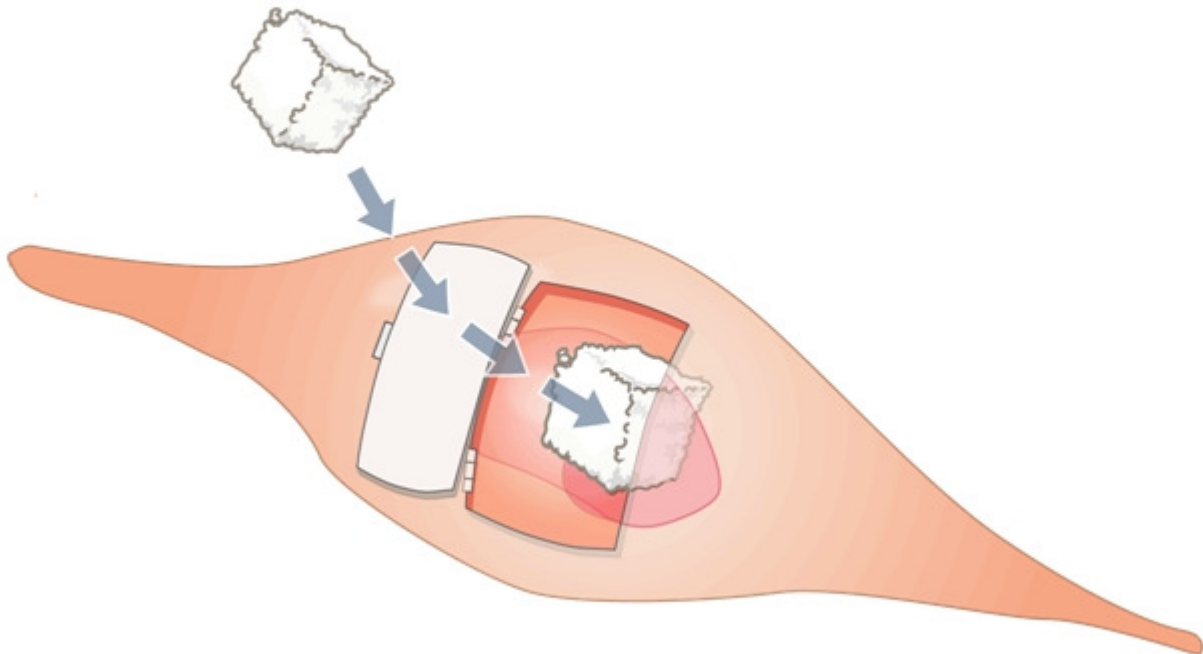
Diabetes Sugar

The sugar goes around your body in your blood pipes

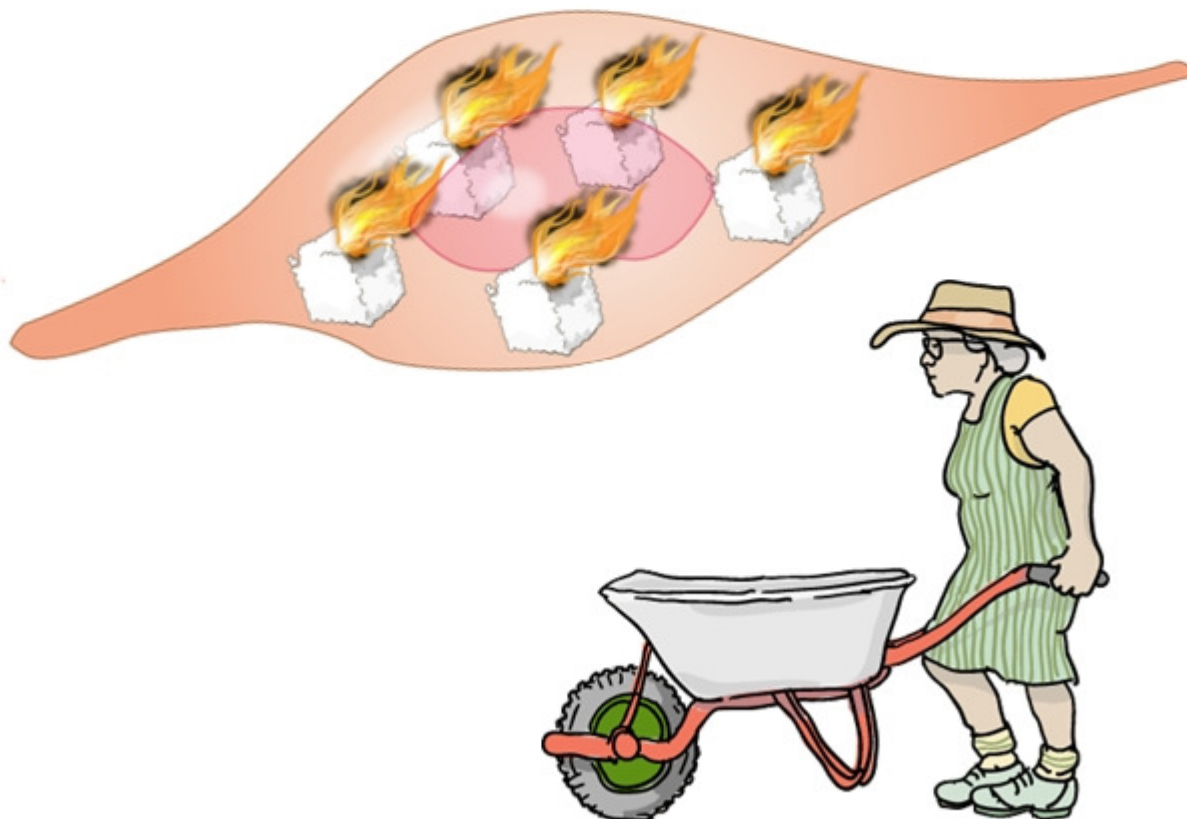


Diabetes Sugar

The sugar has to get into the cells



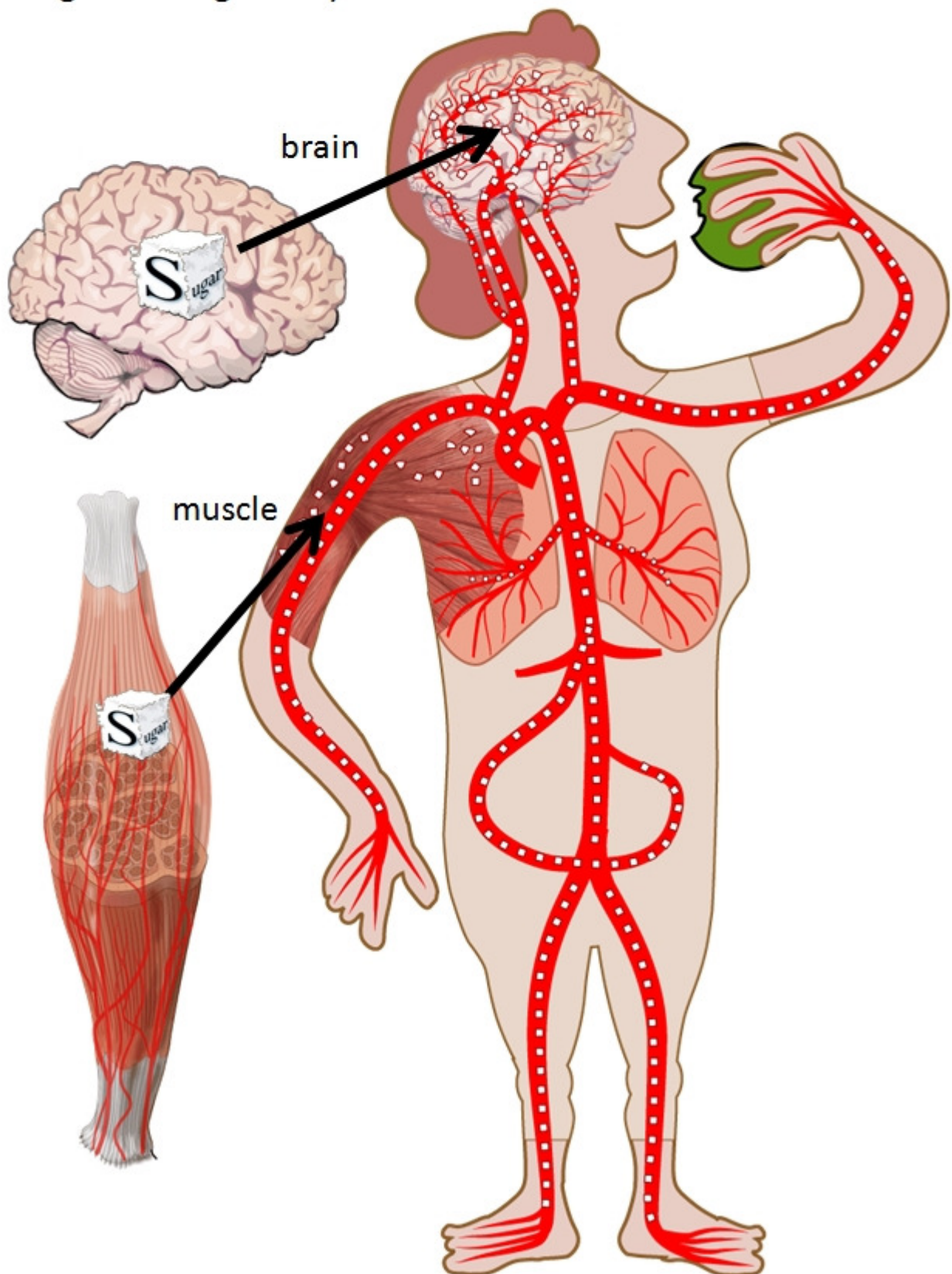
Where the sugar is used to make energy



We use energy to move around

Diabetes Sugar

The body can't use the sugar while it is in your blood. The sugar has to go into your cells.



It goes into the cells in your muscles and brain.

There is no need to print the following page when printing and using this resource

Health Professional Facilitator Information

You must use your own professional judgement when using this resource

Purpose of resource:

These stories were originally developed for Queensland Health CDRO project. This modified version includes yarn cards.

2 analogies are used for insulin keys and men. The men analogy is included to show how you can use other analogies provided you are consistent. The key analogy has been adopted for all the other CDRO resources.

Related resources

There are story posters & cards for the following :

1. Blood pipes
2. Sugar
3. Insulin keys
4. Insulin **men**
5. Sugar levels
6. Stored sugar & exercise
7. Type 1 – keys
8. Type 2 –keys
9. Type 2 –**men**
10. Glycagon
11. Sugar control (complications) –Type 1
12. Sugar control (complications) –Type 2
13. Insulin & glycagon

Notes:

The resource can be printed A3 or A4 size and then laminated.

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