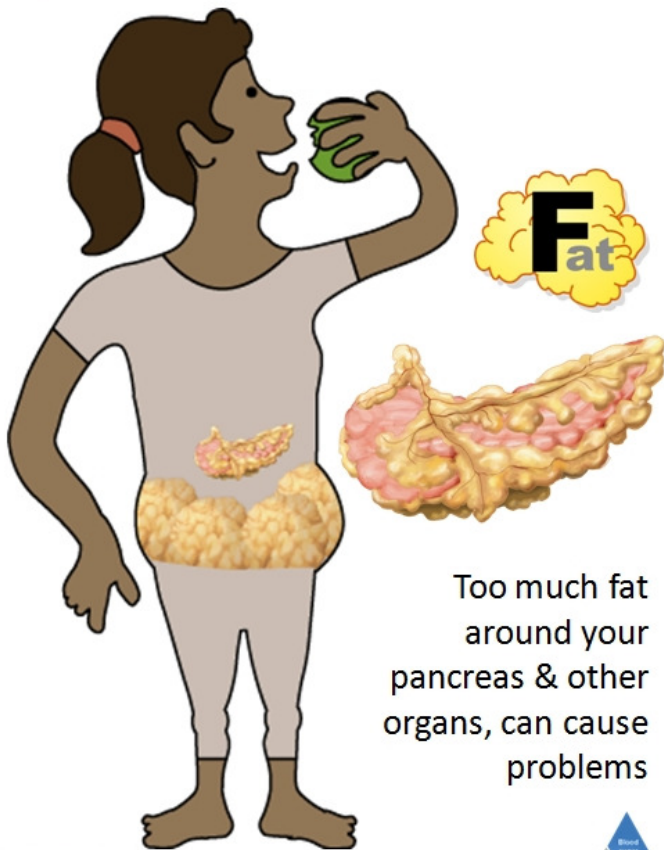


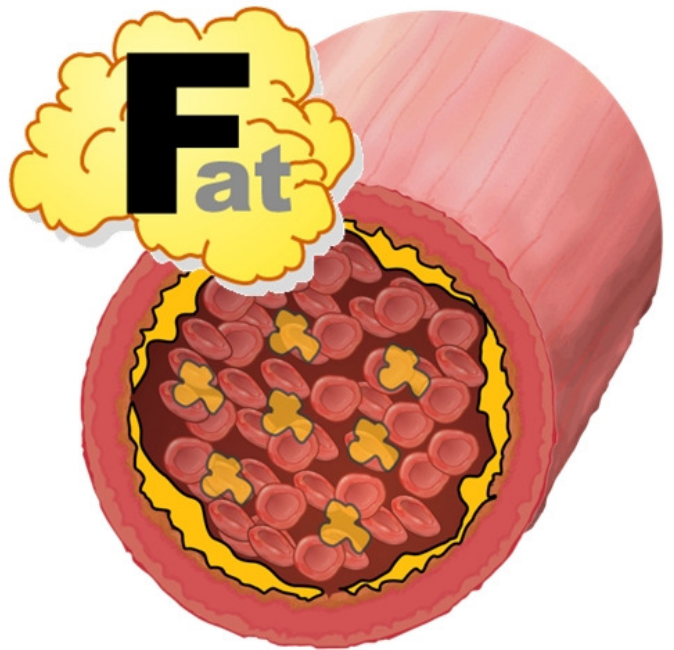
◆ Insulin keys



Too much fat around your pancreas & other organs, can cause problems



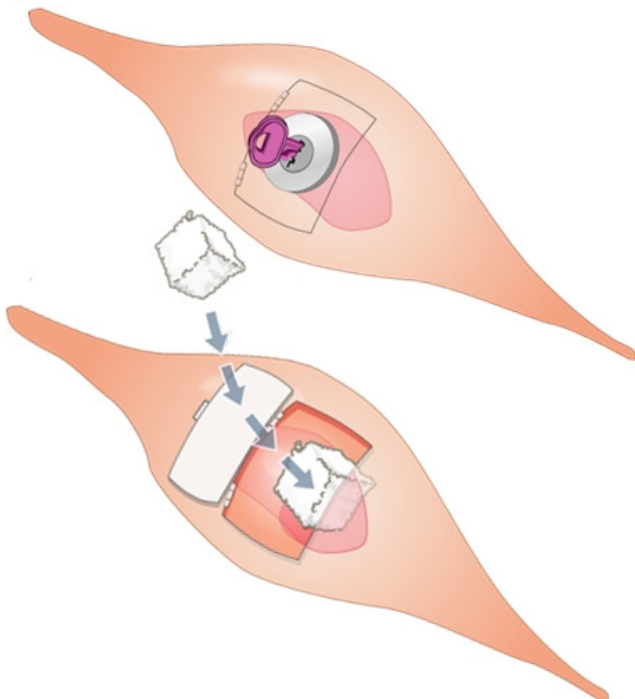
◆ Insulin keys



If you don't eat right & aren't active you can have too much fat in your blood



◆ Insulin keys



REMEMBER you need insulin keys to get the sugar into your muscle cells



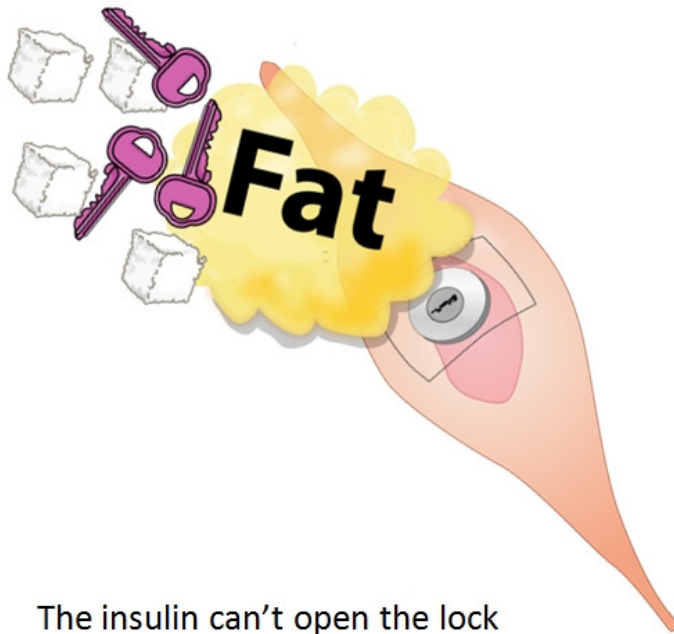
◆ Insulin keys



The fat can stop the lock working properly



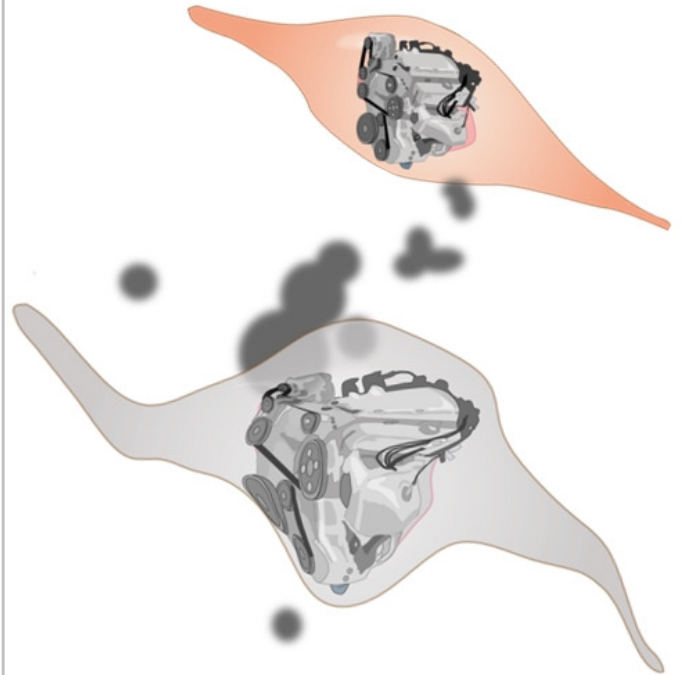
◆ Insulin keys



The insulin can't open the lock and the sugar can't get in



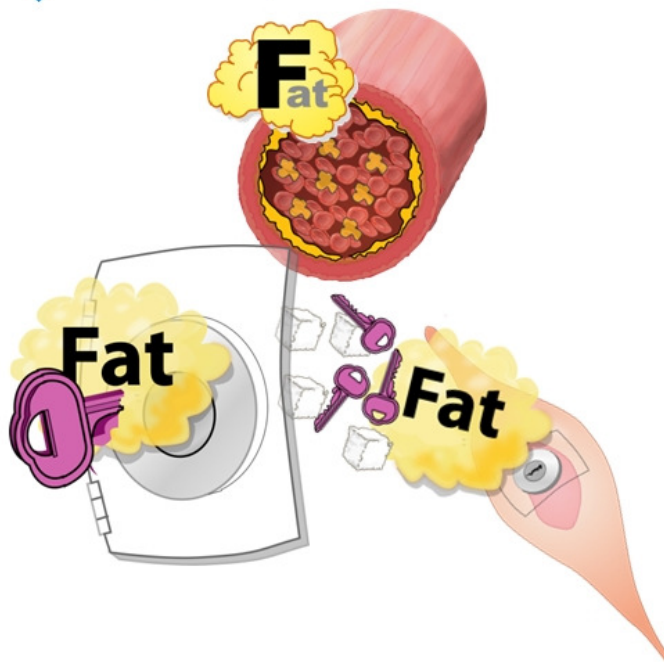
◆ Insulin keys



The cell stops working properly because there is no fuel



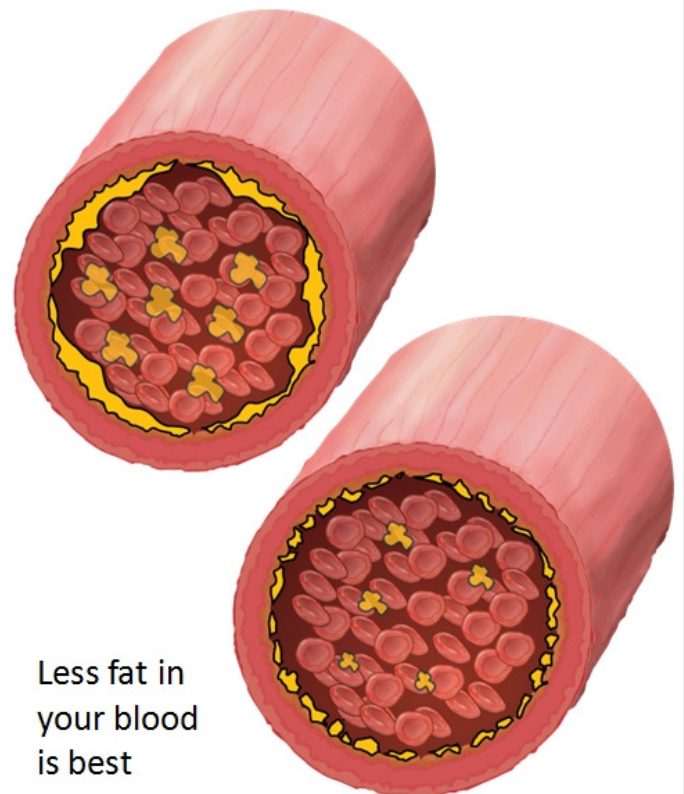
◆ Insulin keys



This is called **INSULIN RESISTANCE**



◆ Insulin keys



Less fat in your blood is best



◆ Insulin keys



Being active can make
the locks work better

◆ Insulin keys



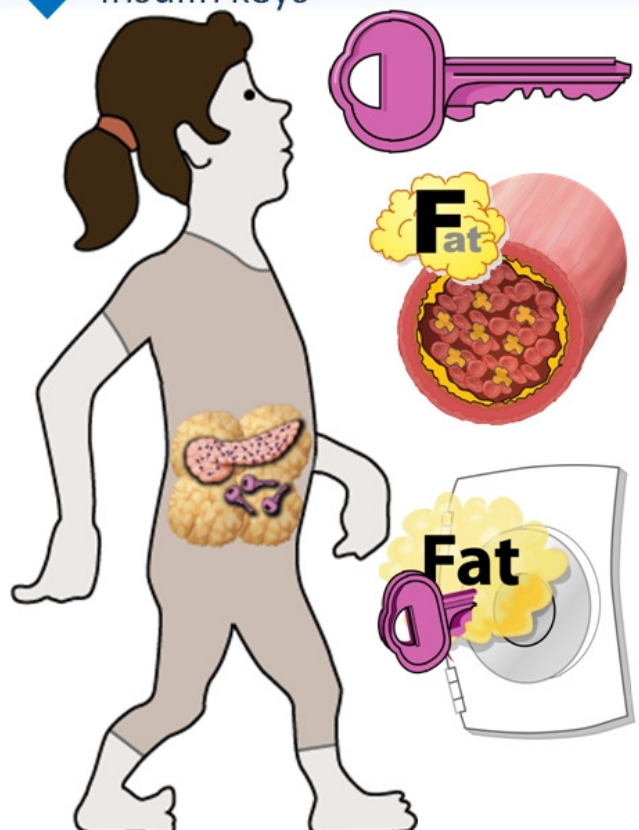
Taking cholesterol medicine can help you
have more good cholesterol in your blood

◆ Insulin keys

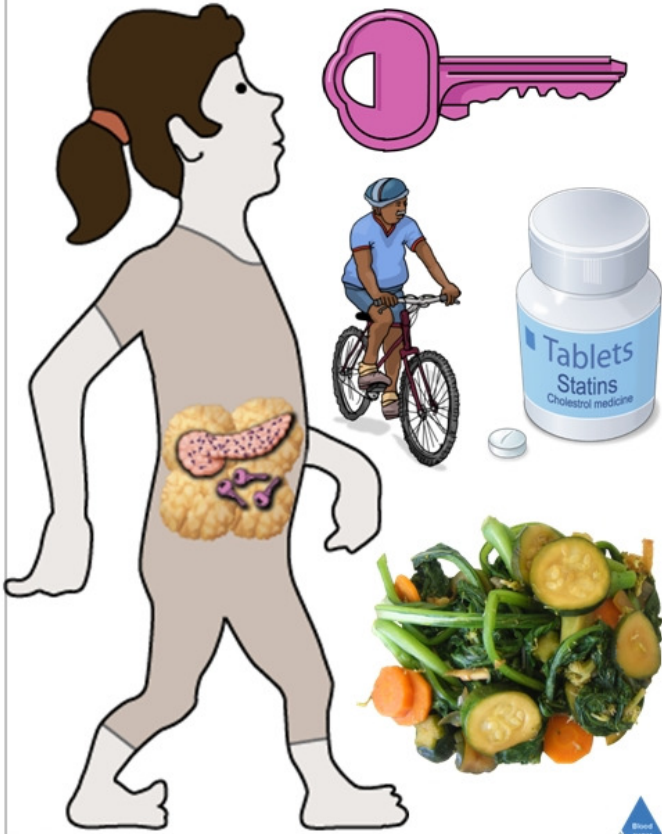


Eating right can help you
have less fat in your blood

◆ Insulin keys



◆ Insulin keys



CDRO
Chronic Disease Resources Online

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

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Purpose of resource:

Talk cards for the diabetes sugar story which can be used with groups or individuals.






Area: Diabetes

Topic: Sugar insulin stories

Story: Sugar in food (Small cards)

Related resources

There are talk cards for the following :

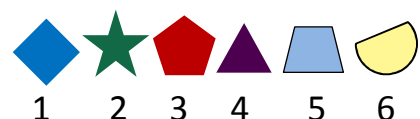
1. Sugar in food 
2. Insulin keys 
3. Insulin resistance 
4. No insulin keys (Type 1) 
5. Not enough insulin keys (Type 2) 

Notes:

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

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Levels



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