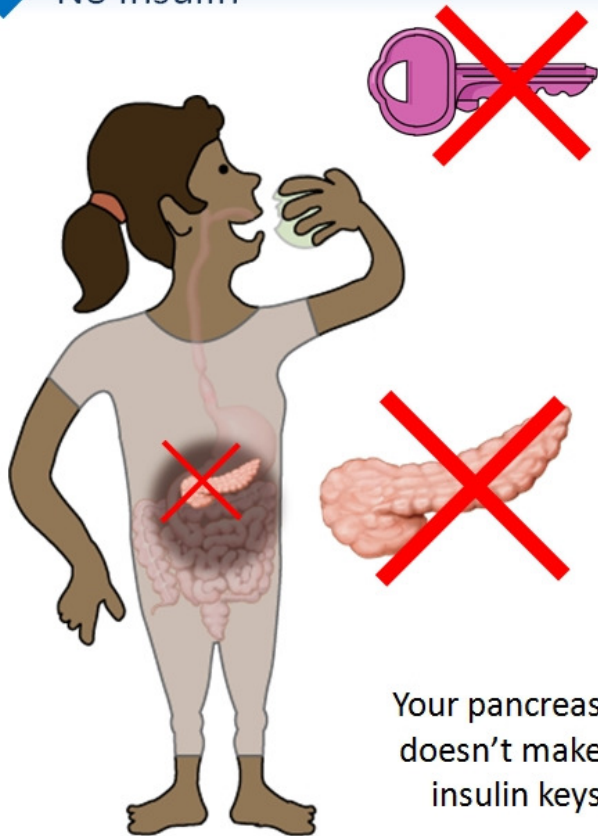


◆ No insulin



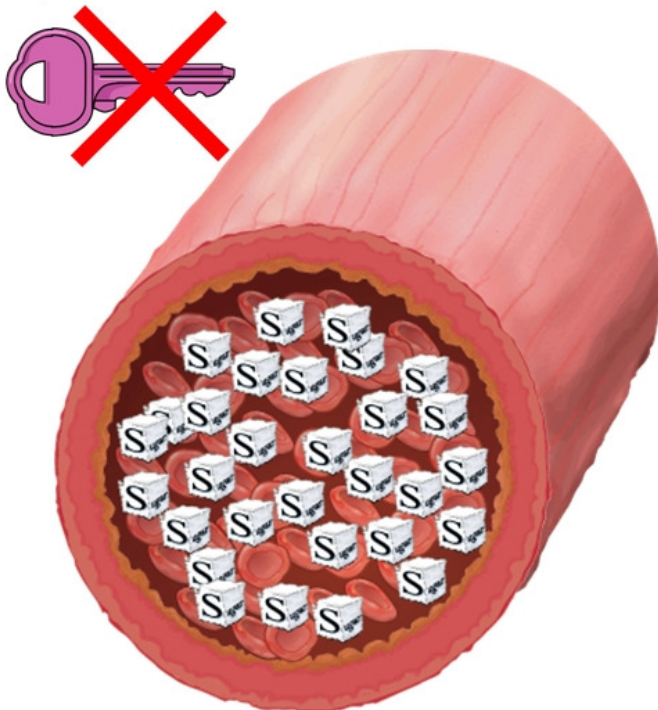
Your pancreas doesn't make insulin keys

◆ No insulin



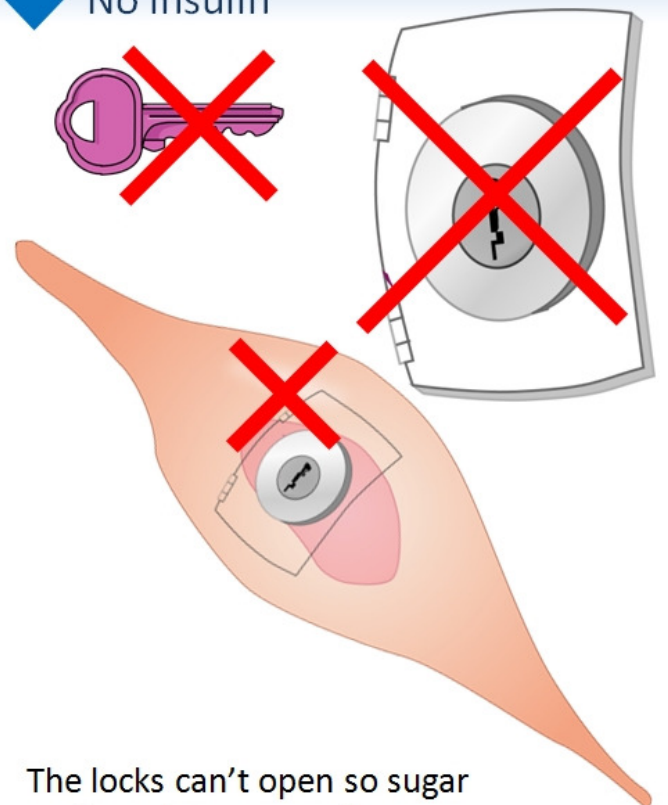
There is only sugar in your blood

◆ No insulin



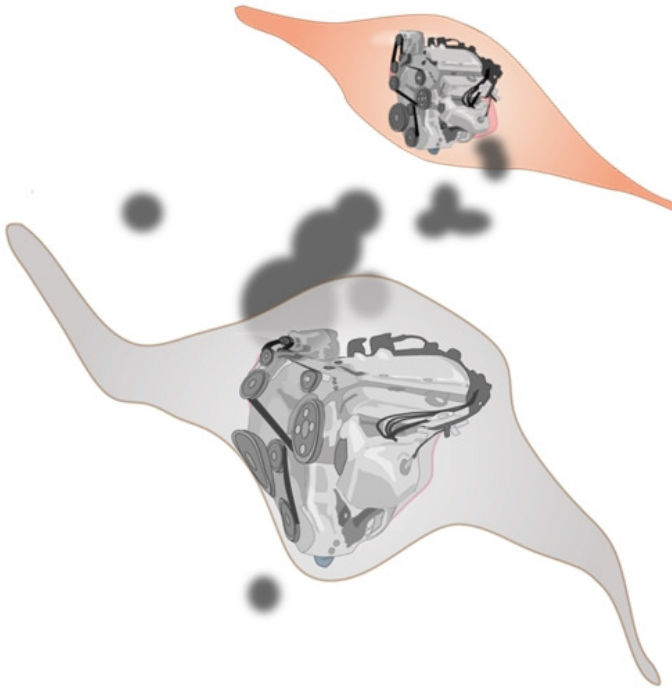
Lots of sugar but no insulin keys

◆ No insulin



The locks can't open so sugar can't get into your cells

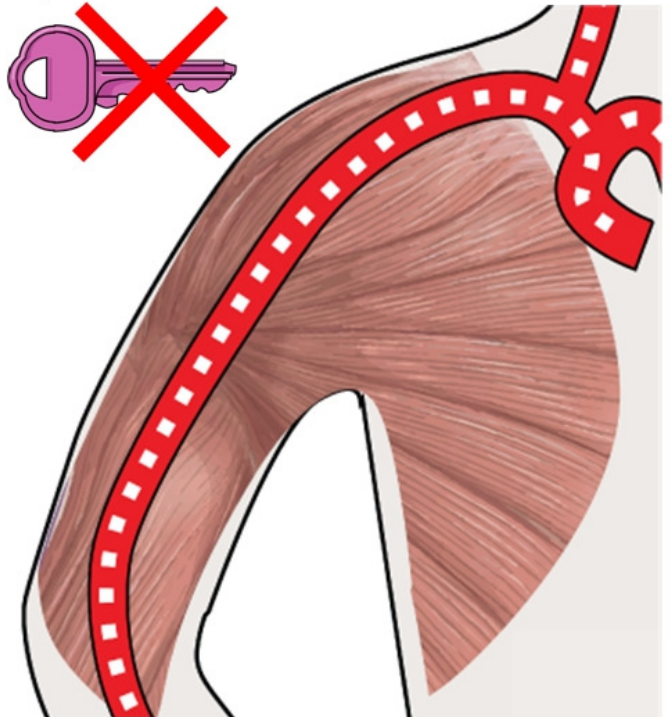
◆ No insulin



The cell stops working properly because there is no fuel



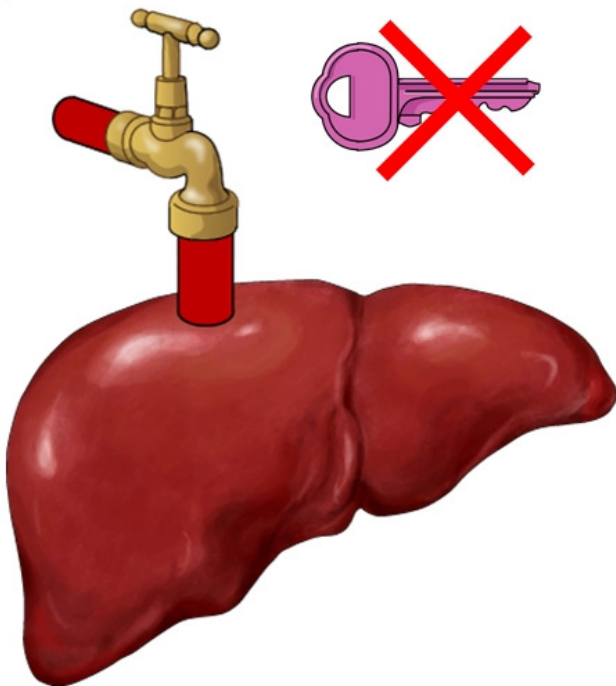
◆ No insulin



Your muscles can't store sugar without insulin



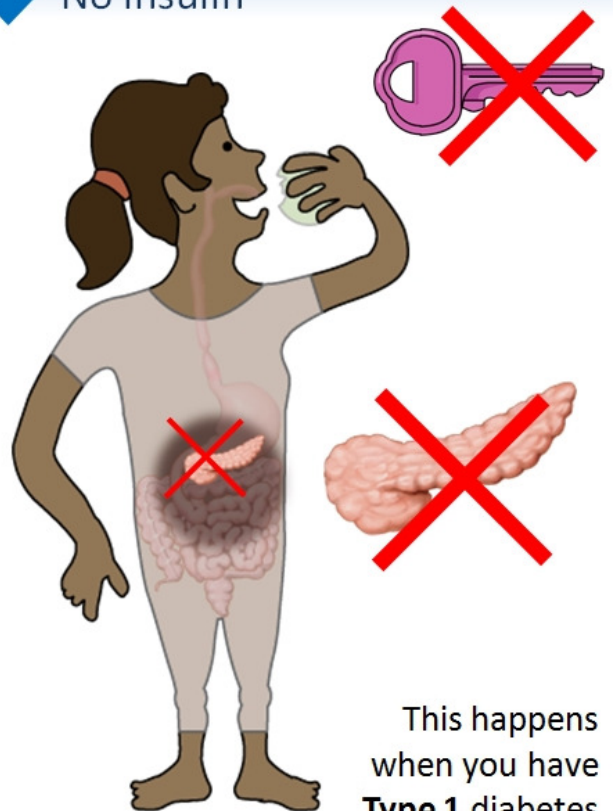
◆ No insulin



Your liver can't store sugar without insulin



◆ No insulin



This happens when you have **Type 1** diabetes





◆ No insulin



You will need to have insulin



◆ No insulin



Eating right is very important



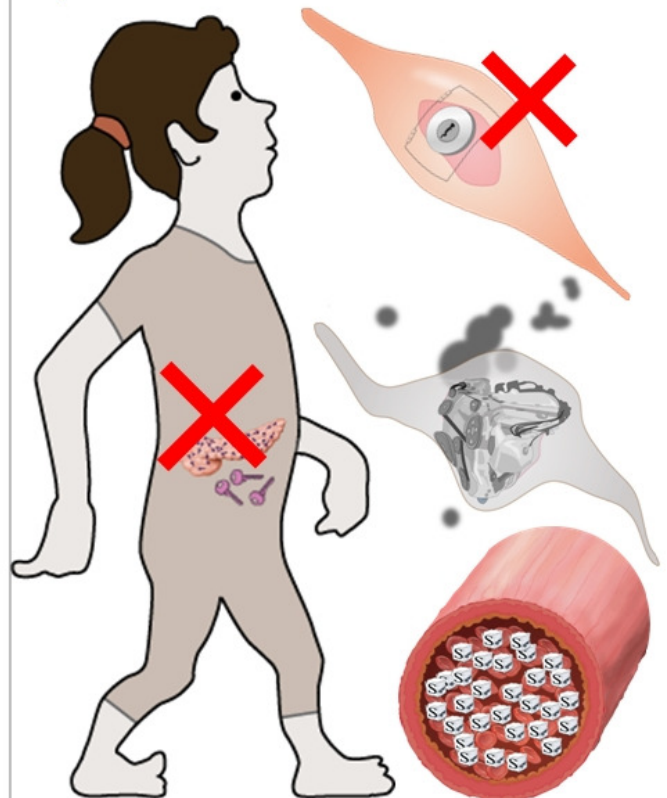
◆ No insulin



Exercise helps your medication work better



◆ No insulin





# No insulin



**CDRO**  
Chronic Disease Resources Online

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**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:**

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 :

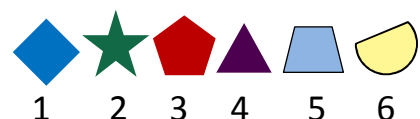
1. Sugar in food 
2. Insulin keys 
3. Insulin resistance 
4. No insulin keys (Type 1) 
5. Not enough insulin keys (Type 2) 

### **Notes:**

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

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Levels



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