

# Liver sugar story – Why you need to spread out your food?



- 1** You should spread your food. You should have 3 small same size meals and 2 healthy snacks.



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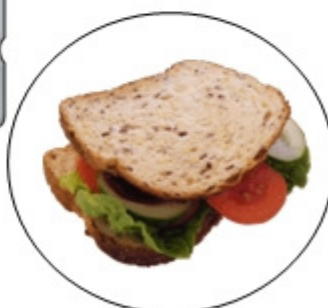
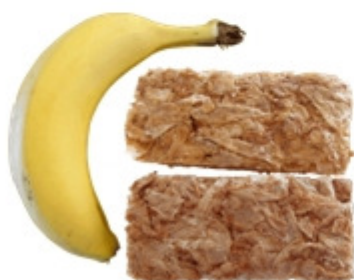
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- 2** Spreading your food helps stop you getting very high blood sugars.



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## Liver sugar story – Why you need to spread out your food?



- 3** Spreading your food also helps stop you getting any really low blood sugars

One large meal really high blood sugar



10 hours later really low blood sugar



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- 4** At night you don't eat for more than 8 hours. You would think your blood sugar levels would get very low, but they don't.



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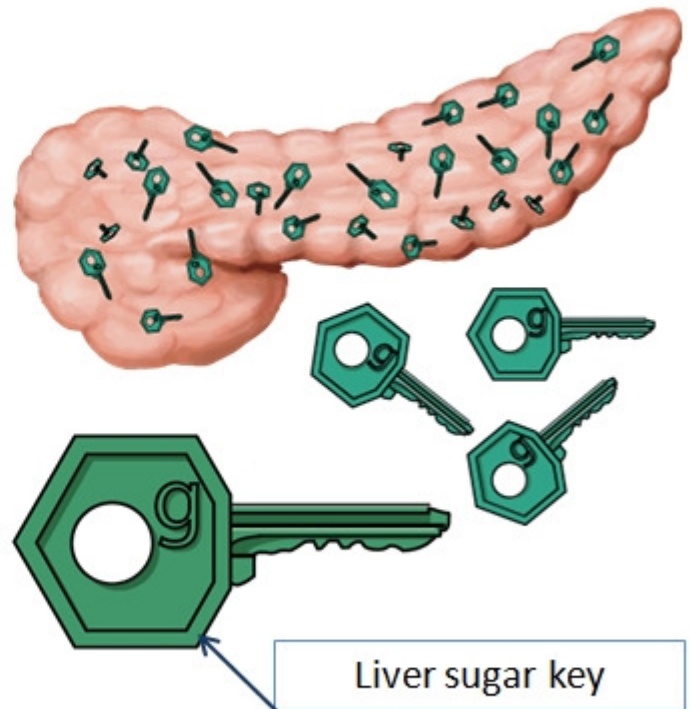
# Liver sugar story – Why you need to spread out your food?



**5** As your blood sugar goes down your pancreas makes liver sugar keys (glucagon)



**Low**  
sugar  
level



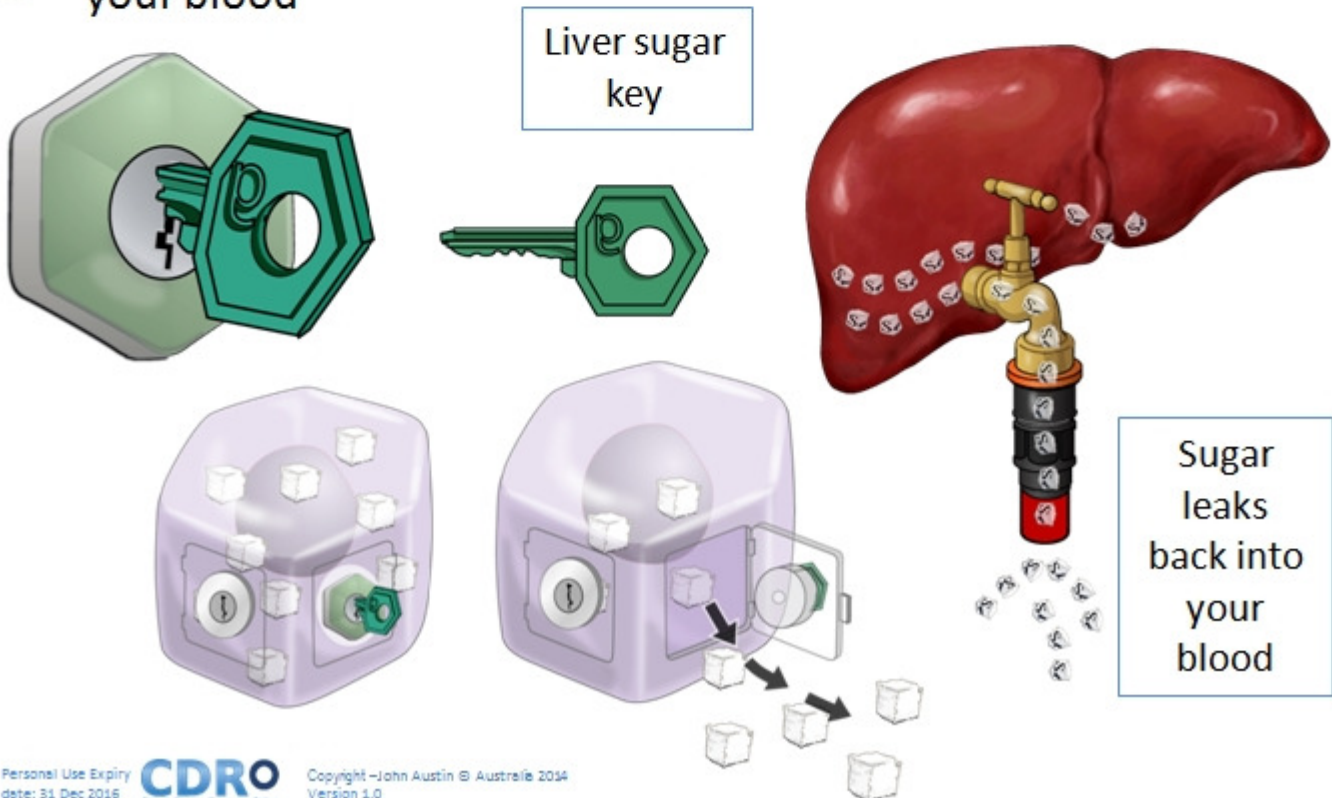
**Liver sugar key**

\*The liver sugar key is called glucagon

# Liver sugar story – Why you need to spread out your food?



**6** The liver sugar keys let the liver leak stored sugar into your blood



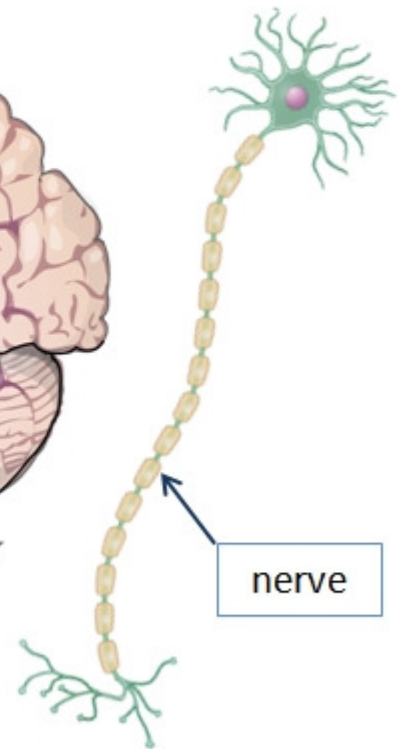
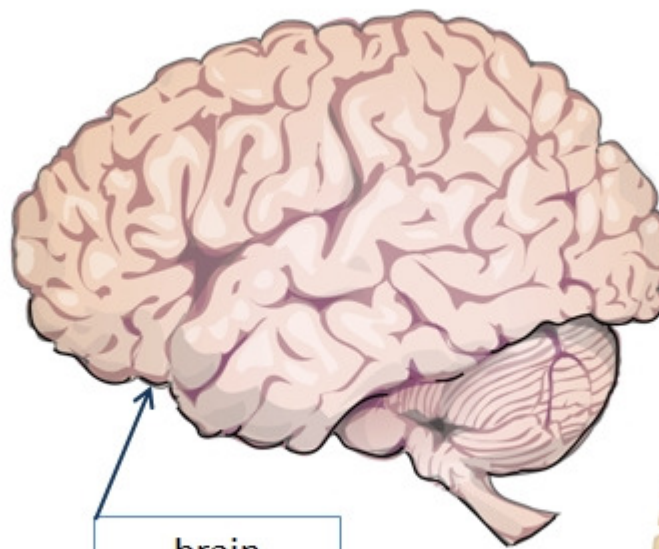
**Liver sugar key**

**Sugar**  
leaks  
back into  
your  
blood

## Liver sugar story – Why you need to spread out your food?



- 7** Your blood sugar goes up, so your brain and nerves get enough sugar to work properly.



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- 8** The sugar stored in your liver leaks into your blood during the night so you can have a higher blood sugar in the morning than you would expect



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## Health Professional Facilitator Information

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### Purpose of resource:

To explain the sugar story to people who need to know about diabetes. The story can be adapted for people with different kinds of diabetes.

There are a number of different sets of sugar story cards which deal with the two main stories about sugar and insulin together with other stories which are specific to the type of diabetes a client has.

### Key health competencies:

After using the resource a client should be able to tell you:

- How sugar gets into the blood and is used as a fuel.
- How the pancreas makes insulin keys which help the sugar get into cells

Different clients should be able to tell you either

- How fat can cause insulin resistance ,or
- How insulin needs to be replaced when the pancreas does not work, or
- How the pancreas may not make enough insulin

All clients should be able to tell you why they need to 'Eat right', 'Be active' and 'Take their medicine'.

### Target group:

This resource is designed to be used with an individual client.

It can be used by Australians of all ages who need to know about the sugar story.

### Notes:

When you tell the sugar story to your client you can draw and write on the yarn sheet (worksheet). Make sure you give the client the completed sheet when you have finished.

The circulation poster is an additional aid as the illustrations on the worksheet may be too small for some patients to see properly.

Other resources like story cards can be used to help tell the story and evaluate whether the client is competent in the health competencies.

Some clients will not be able to get all the required competencies straight away.

The resource can be printed A3 size and then laminated, or as an A4 printed yarn sheet.

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