CARBOHYDRATES

Carbohydrates are the most important source of energy for the body. The digestive system converts carbohydrates into sugar, also called glucose. The body uses these sugars to produce energy. Examples of carbohydrates are fruits, bread, beans, pasta, tortillas, and milk. Carbohydrates are important for a person who has diabetes. Choose high fiber carbohydrates like whole wheat bread, oatmeal or corn tortillas instead of flour is recommended. Avoid refined sugars like soda, chocolates, sweet bread. Remember! Control the size of the portion of carbohydrates is key to a controlled diabetes.

GLUCOSE

During digestion carbohydrates are converted into glucose. Glucose is needed for the body's cells to produce energy. Glucose passes from the intestine into the blood. The glucose then travels through the blood to all body cells.

PANCREAS

The pancreas is on the left side of the abdomen. This body is responsible for controlling sugar levels in the blood. The pancreas produces insulin. Insulin is key for glucose can pass from the blood into cells.

INSULIN

Insulin is like a key that unlocks the body's cells so that glucose can pass from the blood into cells. When you have diabetes the pancreas does not produce enough insulin or the insulin produced is not adequately communicate with cells.

CELL

Body cells use glucose for energy production. This energy is necessary for life.