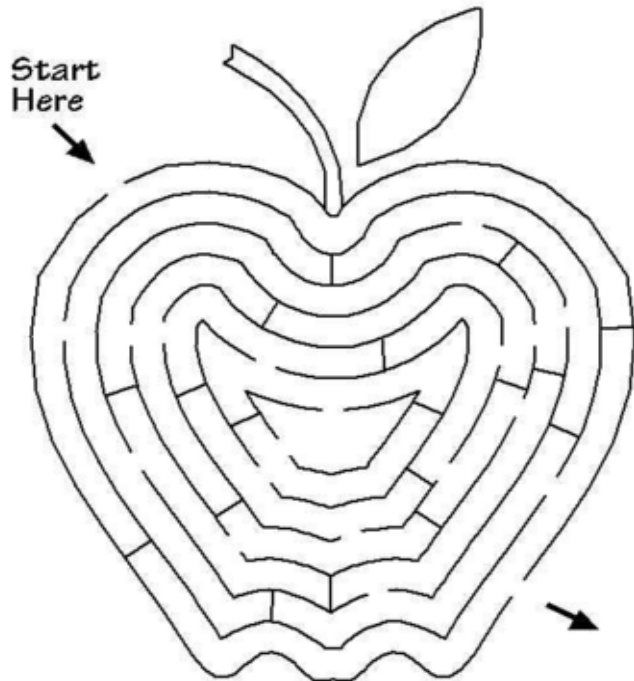


N L F G N J R A G U S Z R J V  
 R Q P X J X V G L N V C Q H W  
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 U F N T W U T B P A L Q O S R  
 I T D A G B A H W B P W S X T  
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 F C H U H S O I Z L D P O P B  
 R S H W L V W F H H R L Y Q R  
 K F P D M I Y V F G B I G P W  
 U P P V G K N Y S C S N Q J Y

Beans      Dance      Diabetes  
 Exercise    Glucose    Insulin  
 Nutrition    Sugar



References:

(1) American Diabetes Association (2015, October 27). Diabetes Basics. <http://www.diabetes.org/>

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# BEAT DIABETES

What is diabetes and how can you prevent it?

# WHAT IS DIABETES?

**Diabetes comes in two types!**

Your entire body uses something called glucose and if you have too much or not enough glucose then you can get VERY sick. So our body makes something called insulin which helps us to have just the right amount of glucose (1).

Type 1 diabetes is when a person's body doesn't make insulin (1)

Type 2 diabetes is when a person's body doesn't use the insulin right (1)

**How do you get diabetes?**

- \* Eating sweets and junk food
- \* Not being active everyday

# Eat Healthy!

A healthy diet includes different types of food to help your body do different things. (2)

- \* Eat your veggies and fruits everyday!
- \* Drink water, juice, or milk instead of soda and energy drinks!
- \* You also need things called carbs which give you energy and are found in grains like whole wheat bread, rice, and pasta.
- \* Eat yogurt and cheese for a snack, they help make your bones strong!

**Avoid eating things that have a lot of fat and sugar, like candy and chips. Your body doesn't like them!**



# EXERCISE FIGHTS DIABETES!

**BEING ACTIVE AND PLAYING OUTSIDE KEEPS THE DIABETES AWAY!**

**Some ways to stay active are:**

- \* Dancing
- \* Roller Blading
- \* Walking your dog
- \* Jump roping
- \* Riding a bike

**What are your 3 favorite ways to exercise?**

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