

MANY PEOPLE HAVE DIABETES



Produced by
Caribbean Food and Nutrition Institute
Kingston 7, Jamaica
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1981



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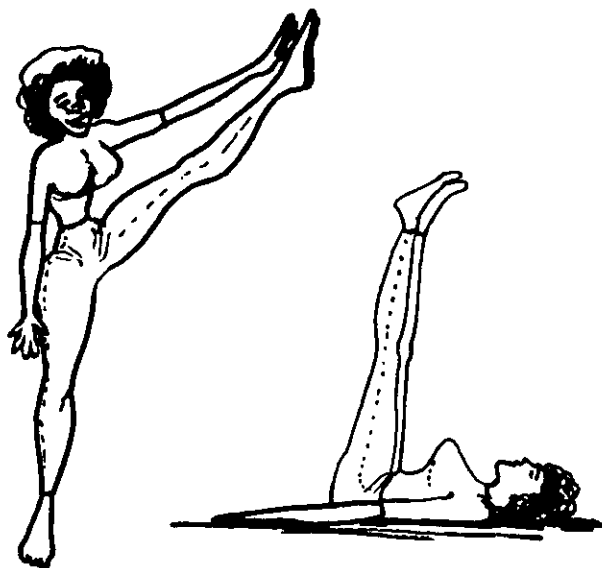
For permission to adapt "Many people have Diabetes Mellitus" (1976) for a Caribbean audience, grateful acknowledgement is hereby given to the Health Education Project, College of Medicine and Dentistry, New Jersey Medical School, Martland Hospital, Newark, New Jersey, U.S.A.

For further information, write...

Caribbean Food & Nutrition Institute
P.O. Box 140
Kingston 7
Jamaica

REGULAR EXERCISE

HELPS USE UP THE EXTRA SUGAR
IN YOUR BODY.



SPEAK TO YOUR DOCTOR OR VISIT
YOUR HEALTH CLINIC REGULARLY.

MANY PEOPLE HAVE DIABETES

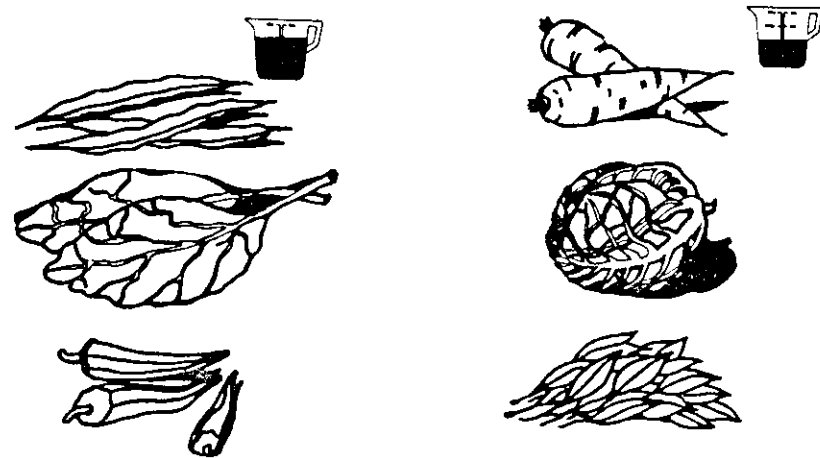


NORMALLY YOUR BODY PRODUCES INSULIN, A NATURAL HORMONE, WHICH ENABLES THE FOOD YOU EAT TO BE USED AS ENERGY.

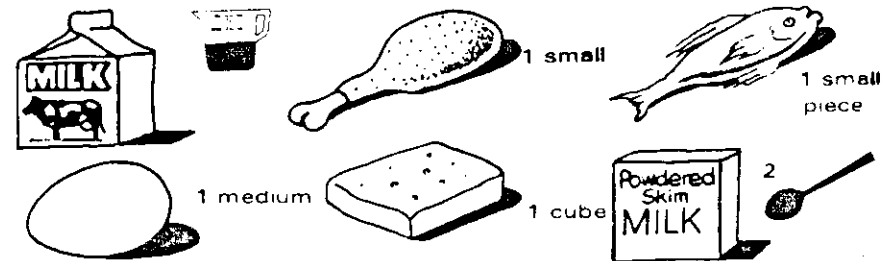
DIABETES IS A CONDITION IN WHICH YOUR BODY DOES NOT PRODUCE ENOUGH INSULIN TO CHANGE THE SUGAR [GLUCOSE] INTO ENERGY THAT YOUR BODY NEEDS.

THESE ARE THE SYMPTOMS OF DIABETES 

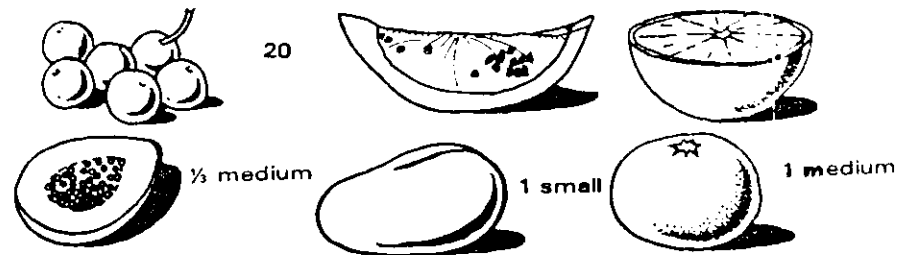
IT'S BETTER TO EAT:



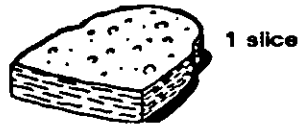
ADD A LITTLE OF:



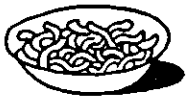
AND



EAT SMALLER PORTIONS OF:



1 slice



AND



6



2 pieces



1 medium



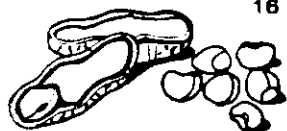
1 medium



1/8



1 small rasher



16

YOU GET VERY HUNGRY



YOU BECOME HUNGRY BECAUSE YOUR BODY DOESN'T GET THE ENERGY IT NEEDS FROM THE FOOD YOU EAT.

YOU GET
VERY THIRSTY



THERE IS TOO MUCH SUGAR IN
YOUR BLOOD. SO YOU DRINK
MORE WATER.....

DO NOT EAT :



JAMS



HONEY



SUGAR



MOLASSES



ICE CREAM



SWEET BISCUITS



CONDENSED MILK



SYRUP



BEER



SOFT DRINKS



STOUT



ALCOHOLIC DRINKS

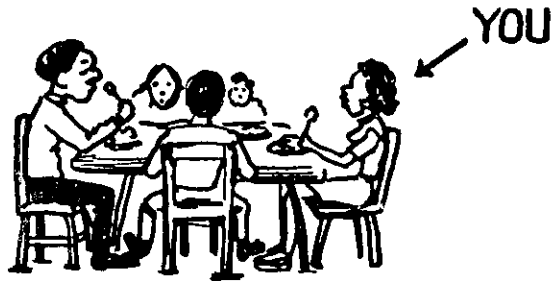


MILO & OVALTINE

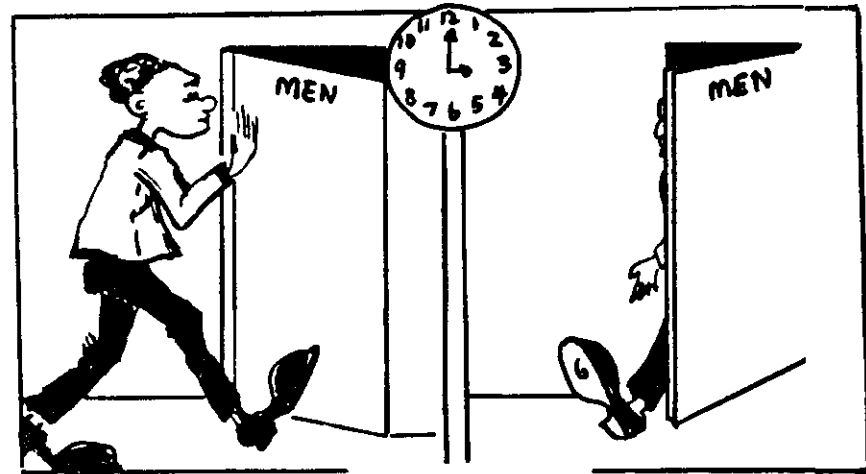


SNO-CONES

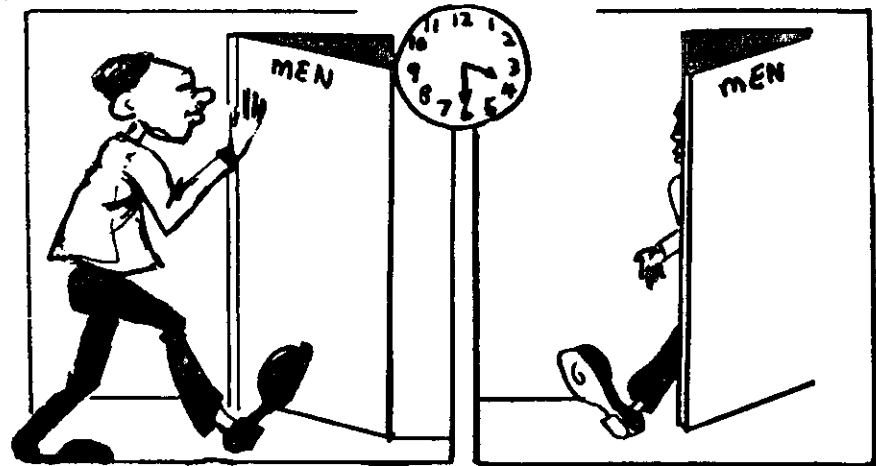
YOU CAN STILL EAT WITH YOUR FAMILY, BUT YOU MUST EAT LESS OF SOME FOODS



DON'T WORRY IF YOU FEEL A LITTLE HUNGRY.



1/2 HOUR LATER

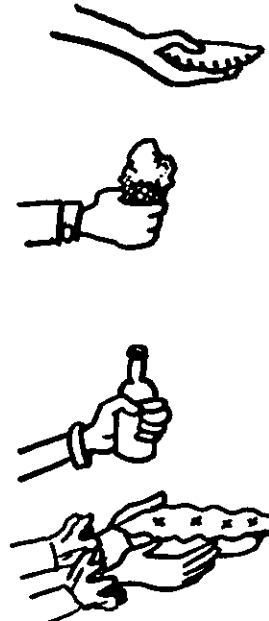


YOU URINATE OFTEN



YOU MAY LOSE
WEIGHT
BECAUSE YOUR BODY
TRIES TO GET
NOURISHMENT
BY USING UP ITS
MUSCLE AND FAT.

**YOU LOSE A LOT OF
WEIGHT**

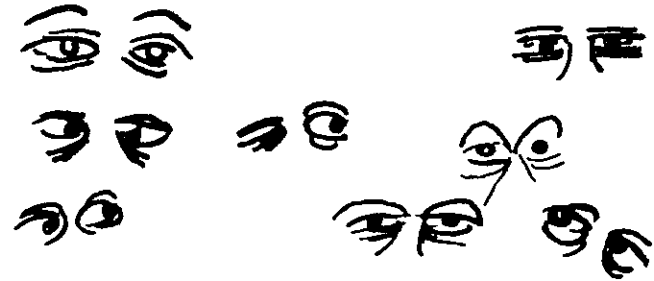


BECAUSE YOUR BODY HAS
DIFFICULTY PRODUCING
INSULIN, IT HAS A HARD
TIME USING FOODS. THAT'S
WHY YOUR DIET IS VERY
IMPORTANT!



TAKE CARE OF YOURSELF

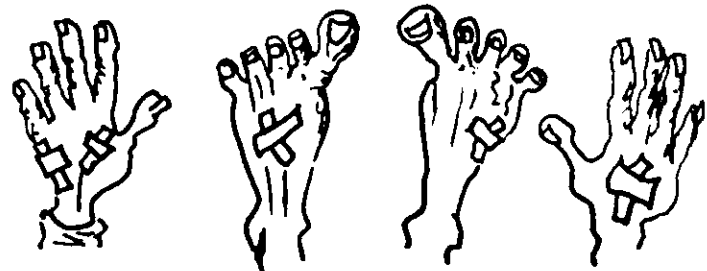
HERE ARE WAYS TO CONTROL YOUR DIABETES:



YOUR EYESIGHT GETS BAD
IF YOU DO NOT CONTROL
YOUR DIABETES IT WILL
CAUSE YOUR EYES TO GET
BAD.

YOUR SKIN INFECTIONS HEAL SLOWLY

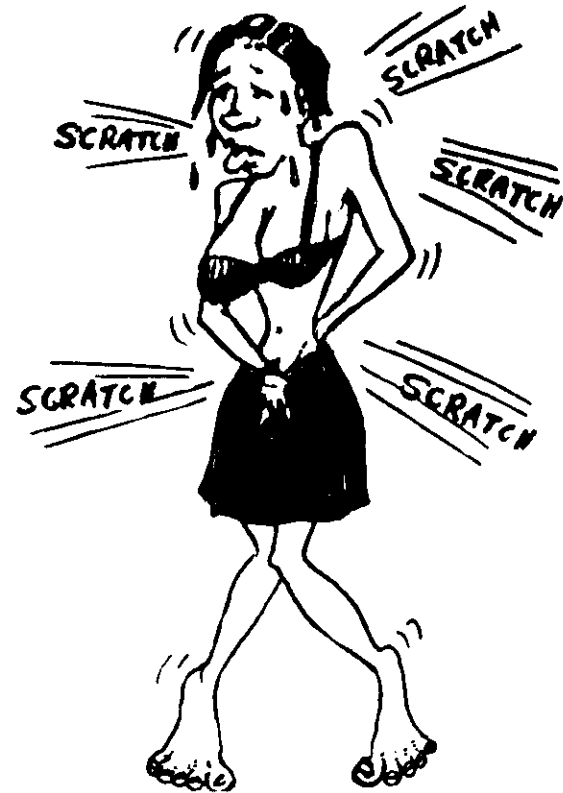
BECAUSE YOUR BODY'S RESISTANCE
IS LOWER.





YOU BECOME WEAK AND TIRED

YOU BECOME WEAK AND TIRED
BECAUSE YOUR BODY DOESN'T GET
THE ENERGY IT NEEDS FROM
FOOD.



YOU SCRATCH A LOT

BECAUSE OF THE SUGAR IN THE
URINE.