

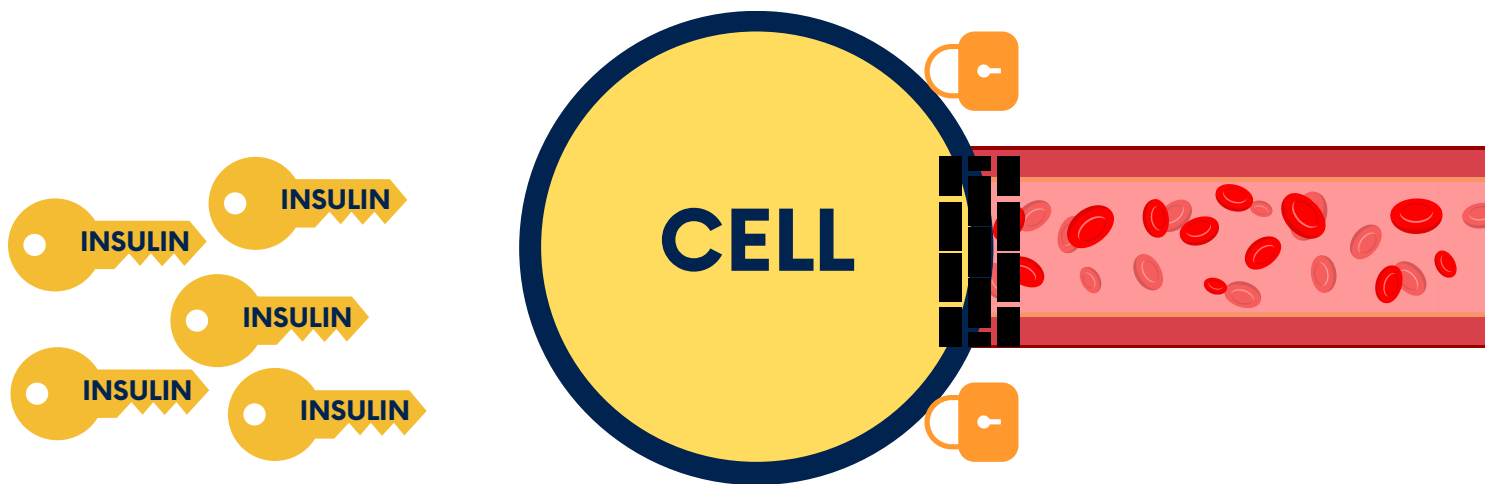
WHAT IS DIABETES?

TYPE 1 DIABETES VS. TYPE 2 DIABETES

- No insulin being made
- Body cannot use blood sugar
- Weight loss
- Too much insulin being made
- Body is resistant to the insulin
- Weight gain

ACANTHOSIS NIGRICANS

Skin condition that occurs due to increase insulin levels. You will notice darkening of the skin in areas like the neck, armpits, and groin.



HIGH IN CARBOHYDRATES

Pasta	Chips
Rice	Candy
Breads	Cake
Potatoes	Coke
Milk	Corn
Fruit	Cereal
Juice	
Peas	

LOW IN CARBOHYDRATES

Protein	Leafy Vegetables
• Eggs	• Broccoli
• Meat	• Cauliflower
• Cheese	• Carrots
• Fish	• Cucumbers
• Chicken	• Kale
• Beef	• Tomatoes