

Kisukari cha aina ya 1

changing
diabetes®
in children



Nina kisukari cha aina ya 1.
Hii inamaanisha kuwa mwili
wangu hautengenezi
insulini, hivyo nahitaji
kuingiza mwilini kwa
kuchoma sindano.

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Ninapaswa kula nini?

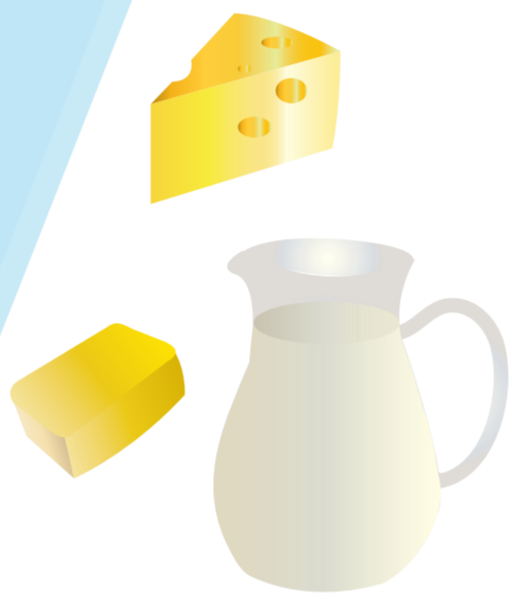
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Ninachokula ni muhimu. Kinaathiri namna ninavyojisikia na namna insulini yangu inavyofanya kazi.

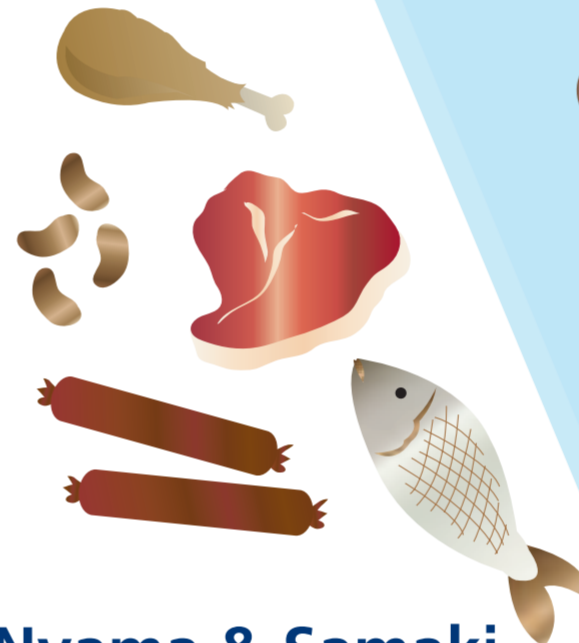
Ninakula zaidi vyakula vilivyopo kwenye ukanda wa chini na kuepuka vilivyopo kwenye ukanda wa juu.



Vitu vitamu



Bidhaa za maziwa



Nyama & Samaki



Mboga za majani



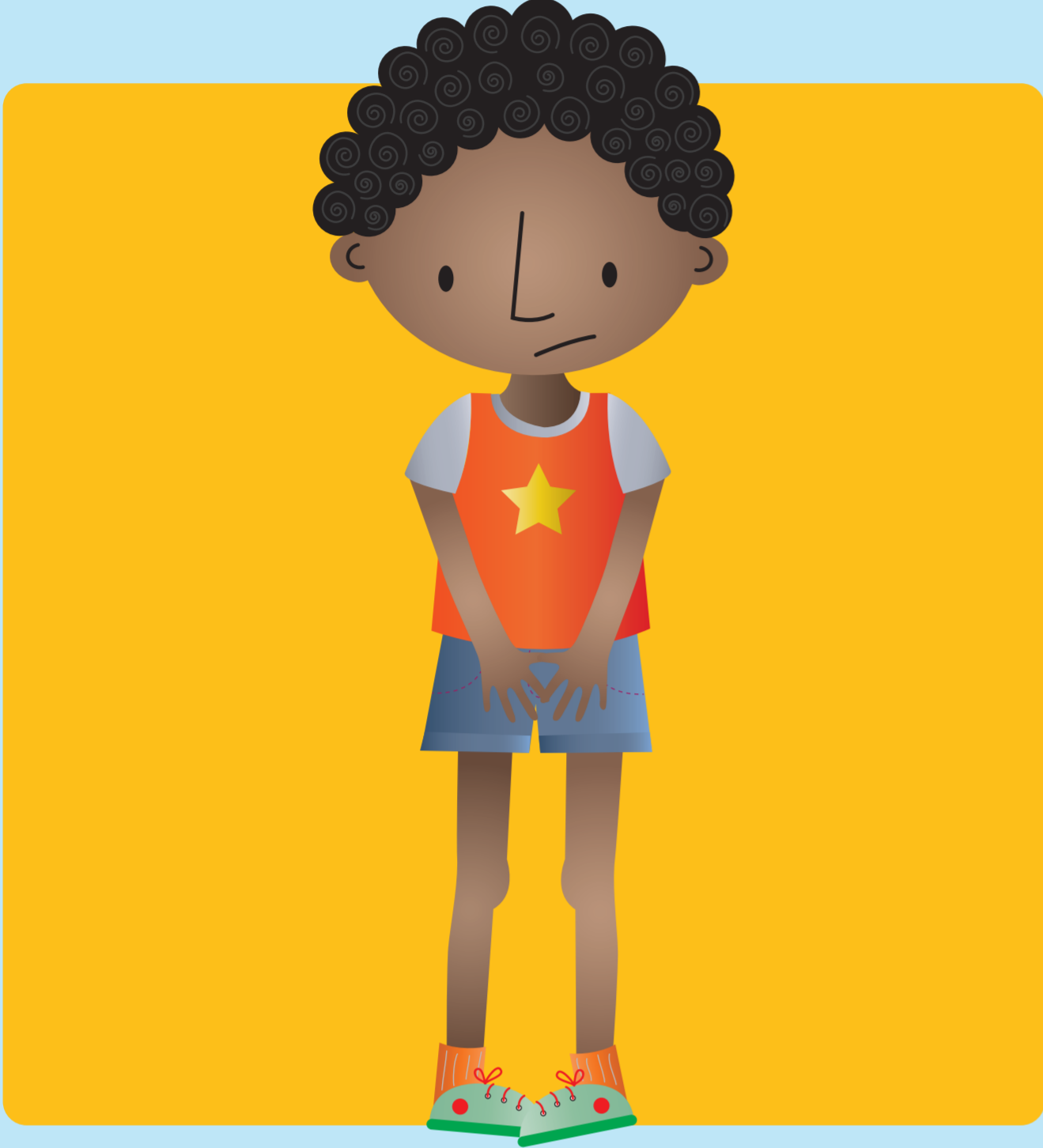
Matunda



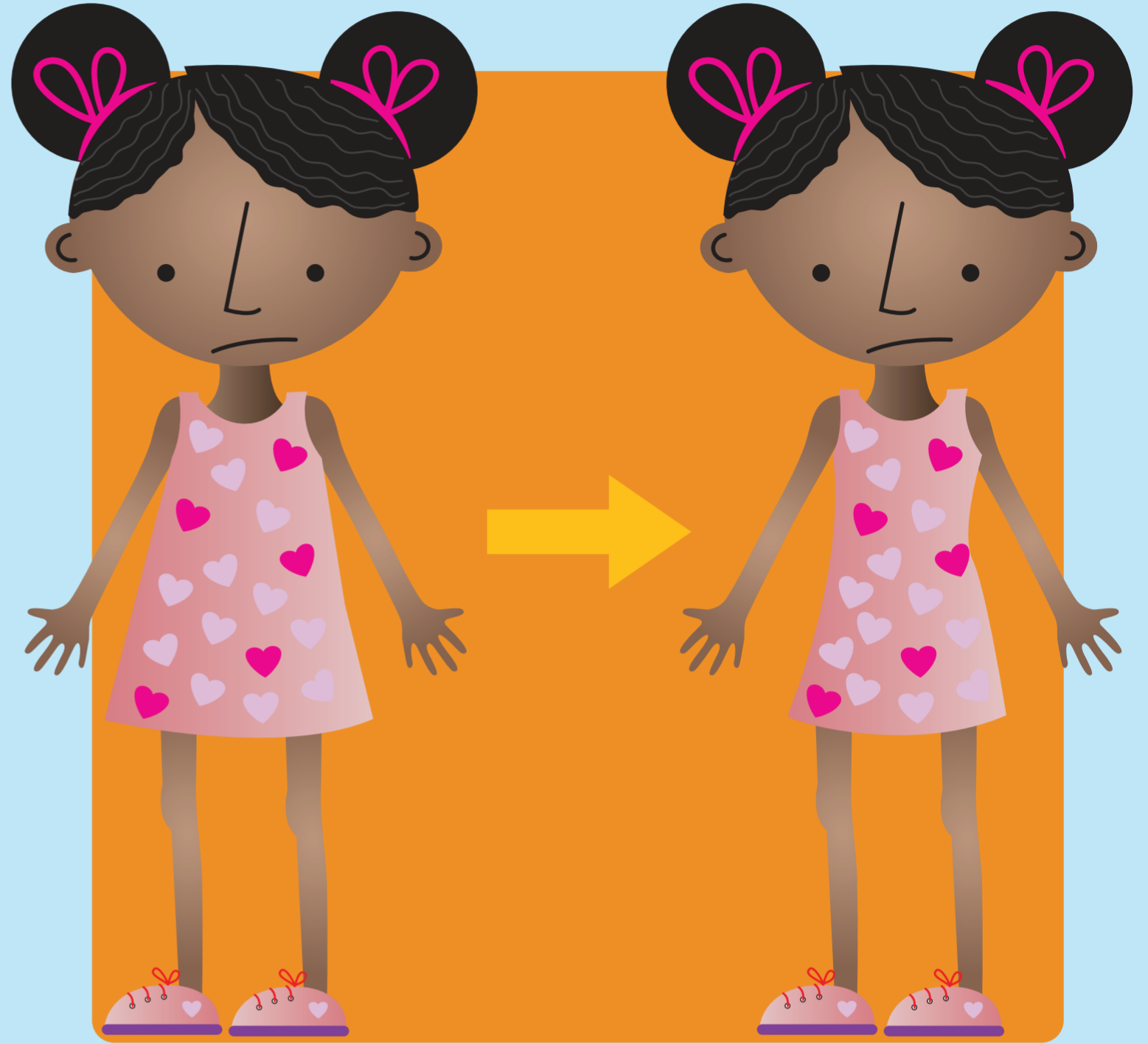
Wanga

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Wasiliana na daktari au nesi kama mtoto wako
ataonyesha mojawapo kati ya dalili zifuatazo



Kukojoa mara kwa mara



Kupoteza uzito



**Kukosa nguvu au kuchoka
muda wote**



Kusikia kiu kupita kiasi

Nichome wapi sindano ya insulini?

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Mbele

Nyuma

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