

How Your Body Works

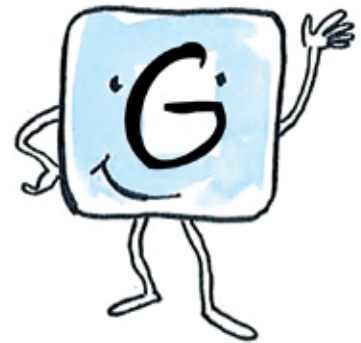


A Gestational Diabetes Information Booklet

Carbohydrates in food give you energy.



Carbohydrates in food are broken down to glucose (sugar).



Muscle cells burn glucose as fuel ...



...This gives you energy to move around.

During pregnancy, it gives baby energy to grow.



Which foods give you carbohydrates for energy?

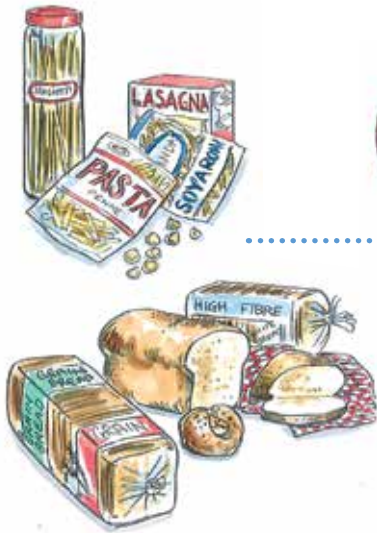
Glucose comes from food that has carbohydrates.

These foods are called carbohydrate foods.

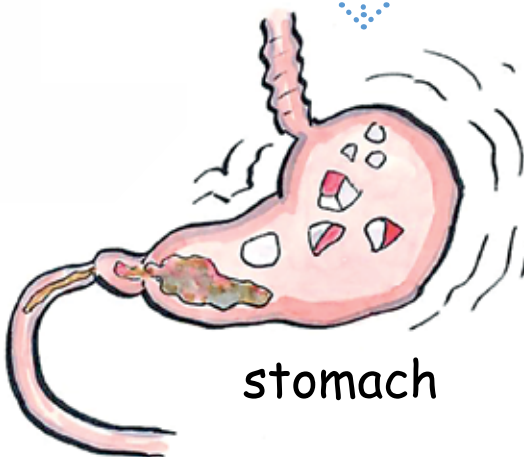
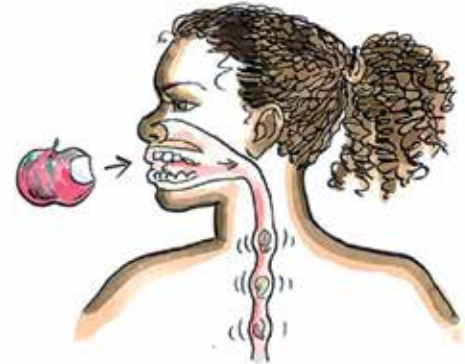


Digestion - breaking food down

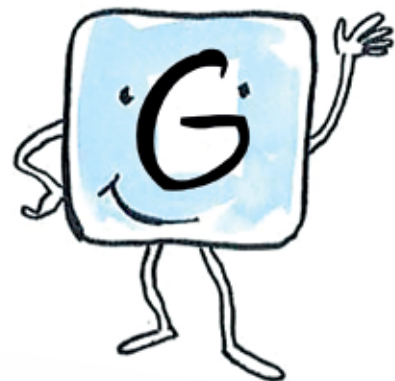
Carbohydrate foods are broken down in the stomach & intestines into glucose, for energy.



Carbohydrate foods



stomach



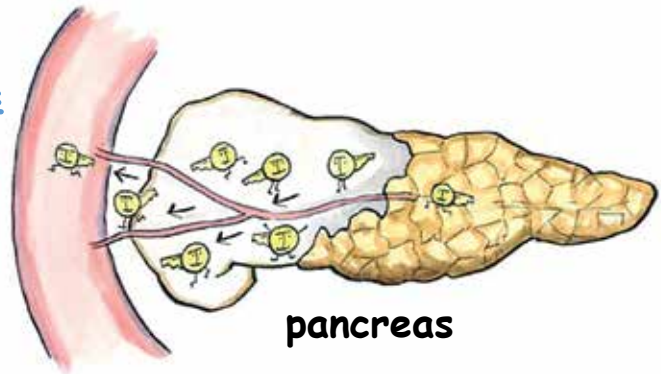
How glucose gets into the muscle

You need **insulin** to help **glucose** get into your muscle cells



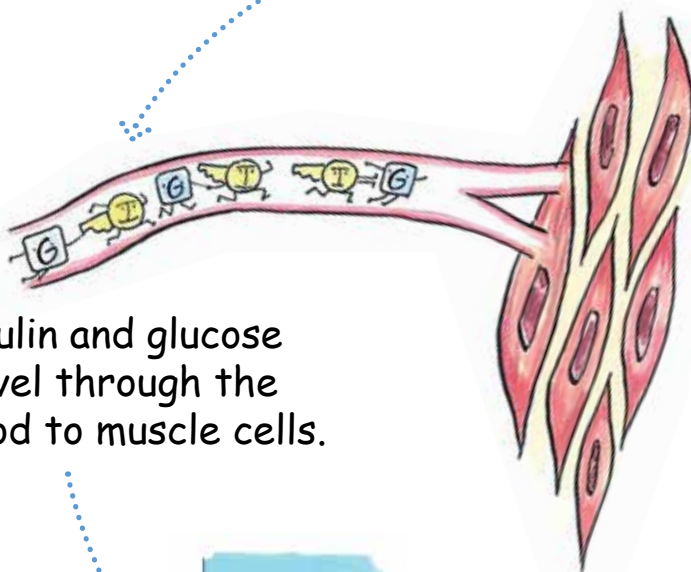
insulin

Insulin is made by your pancreas.



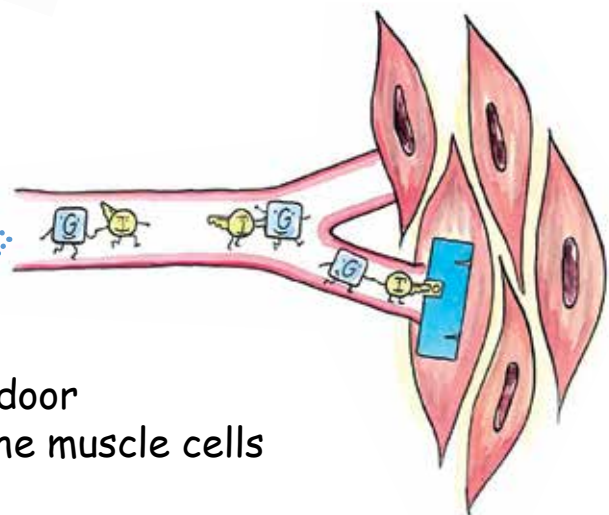
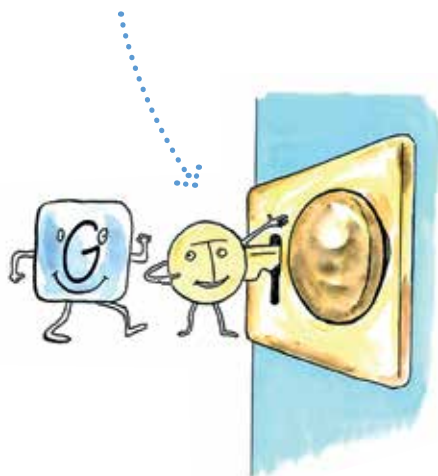
pancreas

Insulin is released into the blood when you eat.



muscle cells

Insulin and glucose travel through the blood to muscle cells.



Insulin is like the key to the door
....it helps glucose pass into the muscle cells

Glucose is then burned as a fuel inside our muscle cells to keep our body working...



...like petrol in a car engine.



See your diabetes and pregnancy health team
(e.g. health worker, doctors, diabetes educator, dietitian).

Notes

[illegible]

Acknowledgements:

This booklet was developed by the Queensland Government as part of the CPIC Innovation Project: Diabetes in Pregnancy (<http://www.health.qld.gov.au/psq/Networks/diabetes.asp>). Queensland Health has granted Diabetes Queensland permission to reproduce and distribute this resource. Diabetes Queensland acknowledges the work of Queensland Health staff from the Cairns Diabetes Centre and the Diabetes in Pregnancy Innovation Project team who were involved in the development of the original resource.

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Other booklets in this series:

- **Gestational Diabetes - What is it?
How do we treat it?**
- **Eating for Gestational Diabetes**
- **Starting Insulin Injections**
- **After Baby is Born**

To order additional resources, e: resource.coordination@diabetesqld.org.au