I can eat sugar and chocolate (more of the time)

A person with type 1 diabetes should eat the same as what all Australians should eat: include vegetables, legumes, wholegrain cereals, rice, pasta, fruits, low-fat dairy products and lean meat. Sometimes I can eat foods like chips, ice cream, chocolate and biscuits sometimes, but not every day.

Diabetes is a lifelong condition that requires constant attention

To manage my diabetes I need to have insulin every day and check my glucose levels often. I need to balance insulin with what I eat and with exercise. I always need to be prepared for a hypo.

Type 2 diabetes does not turn into type 1 diabetes

Type 1 diabetes is an autoimmune condition where the body’s immune system attacks the insulin producing cells. People with type 2 diabetes may also need to use insulin as their condition progresses. This does not mean they have type 1 diabetes.

There is no cure for type 1 diabetes yet. A lot of research is looking at the causes and prevention of type 1 diabetes. Researchers in Australia are studying environmental factors that may be causing type 1 diabetes. They are also trying new treatments to prevent its onset.

I can eat sugar and chocolate (more of the time)

Having diabetes does not usually mean that I need any special treatment or care. Most older kids and teenagers check their own blood glucose levels and give their own insulin injections. If I have a ‘hypo’ (dough), I might need something to eat if I can’t manage it myself.

There is no cure for type 1 diabetes yet. A lot of research is looking at the causes and prevention of type 1 diabetes. Researchers in Australia are studying environmental factors that may be causing type 1 diabetes. They are also trying new treatments to prevent its onset.
Having a ‘hypo’ doesn’t mean you go crazy. During a ‘hypo’ the brain is not getting enough glucose to keep working normally. This may cause me to act strangely or be confused or grumpy, but it is just temporary. I will return to my usual self once my blood glucose rises again.

**Diabetes doesn’t stop me from having a normal life.** People with diabetes can do most of the things that anyone else can do including sports, travel and having children. There are AFL footballers, Olympic swimmers and mountain climbers with type 1 diabetes. I just need to remember to carry my diabetes gear, extra food and jelly beans with me.

**Diabetes Facts.**
- "It’s not only overweight or old people who get diabetes."
- "You can eat sugar if you have diabetes."
- "You can travel with diabetes."
- "You can’t catch diabetes."
- "You can’t grow out of diabetes."
- "Eating too much sugar does not give you type 1 diabetes."
- "You can go bungy jumping with diabetes."