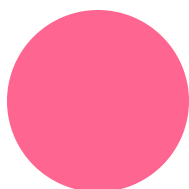
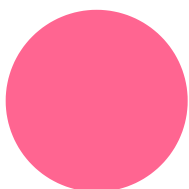


I CAN HAVE THAT, TOO!

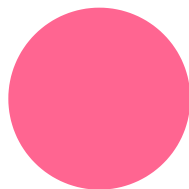
What can I eat with type 1 diabetes?



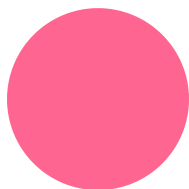
Even though I have type 1 diabetes, I can eat all foods just like my peers. Of course, unless I have food allergies too!



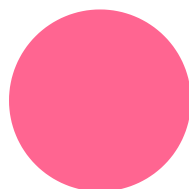
If the rest of class receives a cupcake and I get a pencil that makes me feel left-out. Judging me for what I eat can make me feel bad too.



There's no need to change the treats you have planned for the party... because I can enjoy them all!



If you want to be helpful, knowing how many carbs are in the treat is wonderful! If you don't know the carb count, don't worry--my school nurse has me covered!



Knowing how many carbs I am eating helps me know how much insulin I need to take. That's really the only difference in how I eat compared to my peers.

