

Frequently Asked Questions

If I am really hungry but I am high, what foods can I eat?

Having a high blood sugar doesn't mean you can't eat, it just means that you have to be careful when it comes to choosing the right foods. There are many proteins such as turkey slices, salami, and cheese that have no carbs and are a perfect option for when you are high. Vegetables are also great so you can snack on carrots or sliced peppers. There are also some random low carb foods out there, like popcorn and jell-o. Visit the " Low Carb Foods" document to see all of your options when you are hungry but high.



How do I explain diabetes to my friends?

When you explain diabetes to your friends, you should let them know that you will be fine, but that it will take some time to adjust to your new approach to food. There are many misconceptions surrounding diabetes in society today and although it may be clear to you, you should take the time to clarify that diabetes is not contagious and that you did not develop it from being overweight or from over indulging in sweet treats. You should be open to any questions your friends want to ask you and you should let them see your pump or shots, try your glucose tablets, and look at your supplies. If you have one friend that you trust, you can make them your "go-to" friend if you do not feel well and cannot find an adult. It is important not to hide your diabetes. Not letting others know about your diabetes can be dangerous for your own safety. Also, diabetes is nothing to be embarrassed of. You should embrace your diabetes as a part of your identity! Just as you respect the differences of others, your friends should be able to accept and understand what is unique about you. You will be surprised! Most people's reactions are supportive and positive.



If my favorite food was pizza, can I still eat it?

Of course you can still eat pizza! If your favorite food is pizza, having diabetes will not stop you from eating it. But you should only eat pizza when you have a normal blood sugar. Also, even if you have a good blood sugar, you should only have one or two slices. It is important to remember that pizza has a high fat content, which can change the rate of absorption of carbs. Because pizza is higher in fat than other foods, the carbs will be absorbed slower than a different food with the same amount of carbs but less fat. The way to account for this is not to deliver all the insulin up front. Many pumps have a feature that allows you to input the total carbs but gives you options on how the insulin of those carbs will be delivered. Determining how much insulin to give immediately and how much to give over time requires some trial and error and record keeping the first few times, but eventually you will figure out what makes sense for you. The other thing to remember is that when you have eaten pizza and done a complicated bolus, it is best not to eat any more carbs until the effects of the pizza and its entire bolus has gone through your system. Pizza is a difficult food to bolus but that doesn't mean you can never have it. We would not recommend making pizza a regular part of your weekly diet because it's not a very healthy food but it is delicious and you do want to be able to have it sometimes and in certain situations. A good way to eat pizza is to have one slice as well as a salad, which most pizza places do offer.



Should I eat sugar-free candies? If not, what sweet things can I have?

Ideally not. Sugar-free candies contain something called "sugar alcohol" which is a chemical that reduces the food's influence on your blood sugar. However, it can have other effects such as give you a stomachache. It is better to stay away from sugar free candies and just to enjoy a small amount of normal candies as a treat sometimes.

There are many options that can serve as an alternative to sugar-free candies. For example, chocolate. A few pieces of a chocolate bar or a couple Hershey kisses are more satisfying than other candies, are easy to account for in terms of carbs, and do not cause a stomachache. Additionally, instead of glucose tablets when low, you can use something delicious like Skittles as a replacement. This way, you can have a treat when your blood sugar is meant to go up. Lastly, there are 100

calorie packs made by Nabisco that are the perfect amount of carbs for a snack and are often very yummy (such as Oreo crisps, Ritz crackers, and Chips Ahoy). These are all really manageable, sweet treats that are perfect to have when you are a good blood sugar.



Does a pump insertion hurt when you put it in?

A pump insertion might look frightening but it only hurts a little. To distract yourself, you should focus on other things while doing the insertion and not on the needle. Also, a good tip that makes the pump insertion hurt less is to pinch the area while you put the insertion in, which also works for shots. For some great tips on how to put in different insertions, check out this YouTube channel: <http://www.youtube.com/user/DiabeticDanica> (also found on our “Links” page) for step-by-step videos.



How can I help my sibling with their diabetes at school?

Lower School: Unless you are in the same class as your sibling, there is not much you can do for them during the day. However, you can definitely support them before and after school. In the morning, you can kindly remind them if they took a shot or bolused breakfast. Sometimes, especially new diabetics can forget to do this and not taking insulin for breakfast is not a great way to start the day. After school, you can help them find snacks that they can have at that time. You can even bring a cheese stick or some gum with you to school in case your sibling is high at the end of the day.

Middle School/High School: If you both happen to be in middle or high school at the same time, it is easier to see each other in the hallways and in between classes. When you see your sibling in the hall, you can always look to see if they have their diabetes bag with them. If not, you can ask them if they may have forgotten it in their last class or somewhere throughout the day. If you see your sibling in the lunchroom, you can help them with their food choices or offer to get them something if you are going out to buy lunch.

