

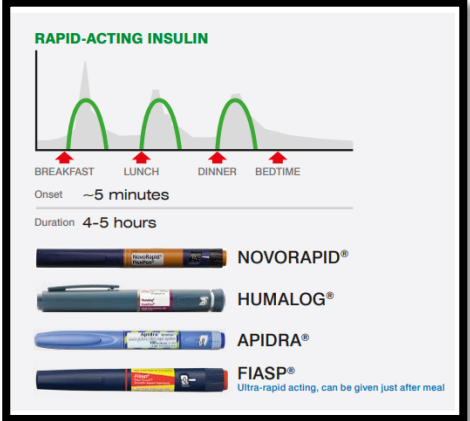
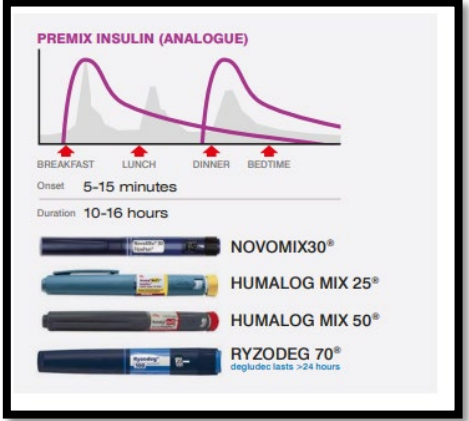


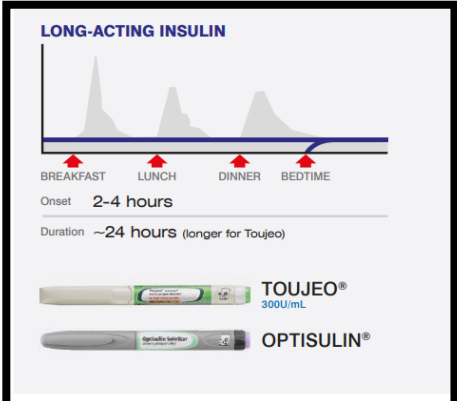
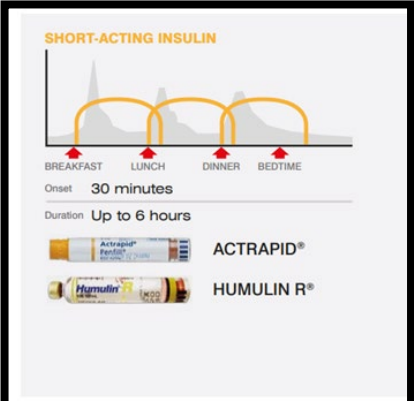
Carbohydrates and Insulin

What is insulin?

- Insulin is a hormone that is released from the pancreas to balance blood sugar (glucose) levels.
- Some people with type 2 diabetes may need to inject insulin to replace or 'top up', as your body may not produce enough insulin.

Types of insulin

BACKGROUND (BASAL INSULIN)	PREMIXED INSULIN
<ul style="list-style-type: none"> • Long-acting insulin • Often taken once or twice a day • <u>Does not need to be taken with food</u> 	<ul style="list-style-type: none"> • Mix of long-acting (background) and short-acting (mealtime) • Taken 5-15 minutes before a meal, your medical team will advise which meal to take it before <ul style="list-style-type: none"> ○ <u>Carbohydrates need to be eaten in the meal</u>
	

MEALTIME/BOLUS INSULIN	
Rapid-acting	Short-acting
<ul style="list-style-type: none"> • Taken 5-15 minutes before a meal <u>with carbohydrates</u> • Targets the carbohydrates in the meal to reduce mealtime peak 	<ul style="list-style-type: none"> • Taken 30 minutes before a meal <u>with carbohydrates</u> • Targets the carbohydrates in the meal to reduce mealtime peak 



What are carbohydrates?

- A nutrient found in some foods that gets broken down into glucose, which is used for energy.
- Eating too much carbohydrate at one time may cause high blood glucose levels.
- Eating too few carbohydrates may not provide enough energy for your brain and body.
- Your dietitian can talk to you about your carbohydrate portions.

What foods are carbohydrates?



What about mealtime insulin and carbohydrates?

- If you are taking a **meal-time insulin, only** take it when you are eating a carbohydrate food.
- If there are **no carbohydrates** in your meal, you **do not** need to take the meal-time insulin, as this can cause your blood sugars to go too low.
- Please discuss with your dietitian or medical team.

What about premixed insulin?

- If you are taking a premixed insulin you will **need** to make sure you have carbohydrates in your meal.
- Please discuss with your dietitian and/or medical team.