



# **Diabetes**

## **Easy-Read Material**

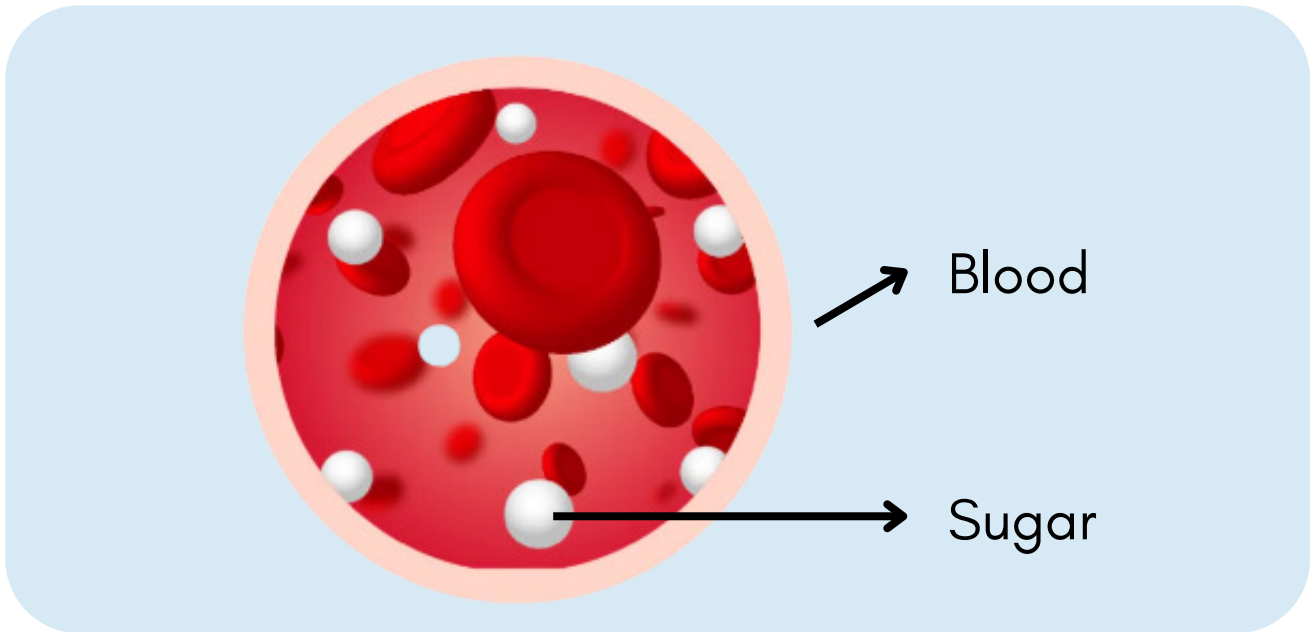




This booklet is aligned with HPB guidelines as well as our nutritionist's recommendations.

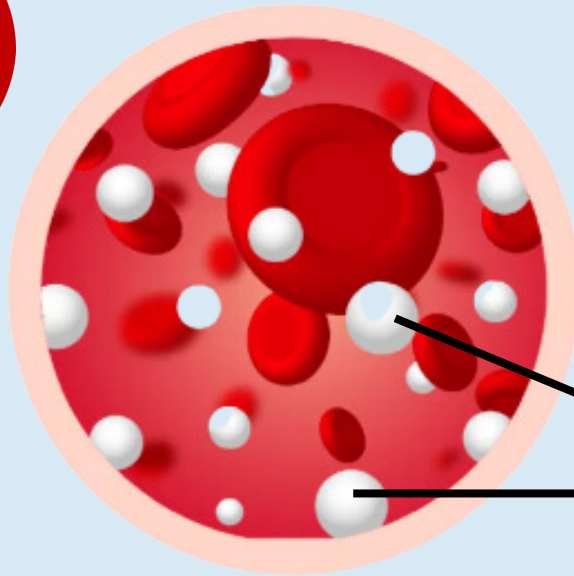
Should you have any questions, please contact us at [info@happeehearts.com](mailto:info@happeehearts.com)

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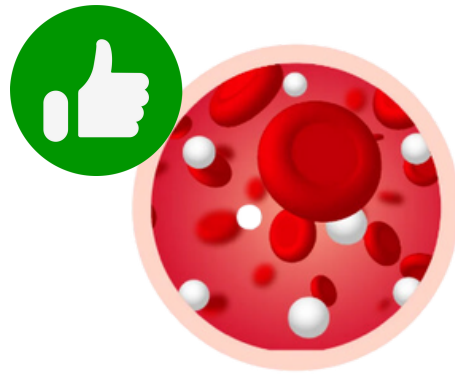
Our blood has sugar in it.  
This sugar gives us energy.

# Diabetes

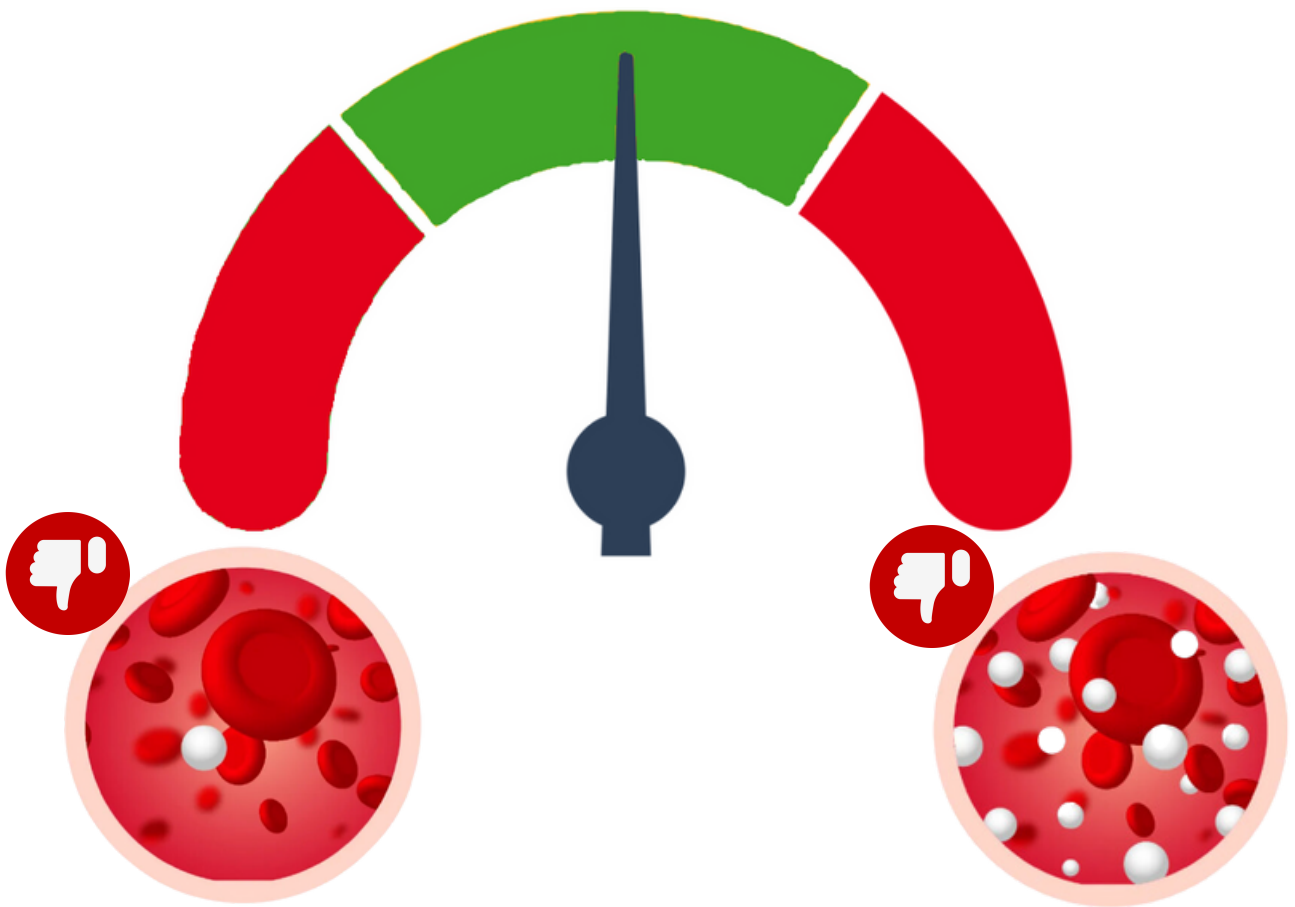


Sugar

Diabetes is a condition that happens  
when your blood sugar is too high.  
This is unhealthy.



**Just right**



**Too little**

**Too much**

Check your blood regularly.  
Too little or too much blood sugar is not good.

**Before Eating**



**Blood sugar  
level 4-6**

Test your blood sugar level **before eating**,  
it should be within the range of **4-6**.

**2 hr After Eating**



**Blood sugar  
level 6-8**

Test your blood sugar level **two hours after eating**,  
it should be within the range of **6-8**.





Diabetes can happen to anybody.

# How to manage blood sugar?



- Eat less sugary or processed snacks.
- Eat less salty foods.
- Don't drink so much alcohol, choose water instead.

# Eat well and exercise



## **Eat different types of food.**

A good meal should have meat, vegetables, fruits and grains.

Keep a **healthy weight** through diet and exercise.

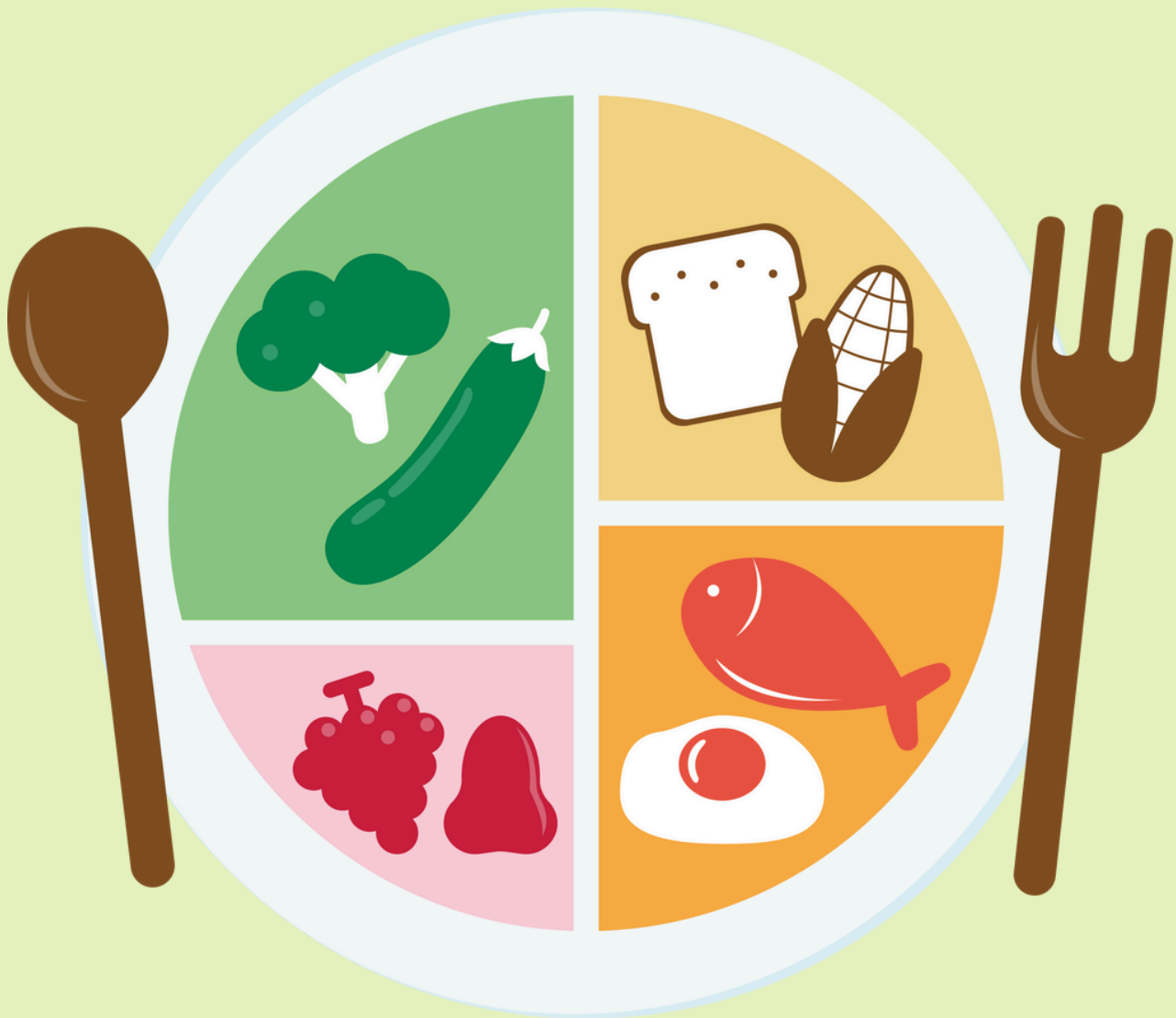
# Eating well



Eating healthy means to **eat just enough**.

Do not overload your plate with food,  
a **dietician** can help you plan the right amount.

A dietitian is a professional who  
helps people eat healthy.



- Half a plate of **vegetables** and **fruits** of all colours

- Quarter plate of **grains**

Grains are brown rice, wholewheat bread/pasta.

- Quarter plate of **protein**

Protein foods are meat, seafood, milk, cheese



### DIETICIAN TIP:

Use olive oil or canola oil to cook



**Exercise** can lower blood sugar levels.

Find an exercise you enjoy and do it at least **three times a week.**

# If you have diabetes,



Take your **medication** on time,  
**avoid smoking**,  
and **lose weight**.  
This keeps blood sugar levels healthy.

# Diabetes can make you unwell.



feel more tired



feel extra thirsty

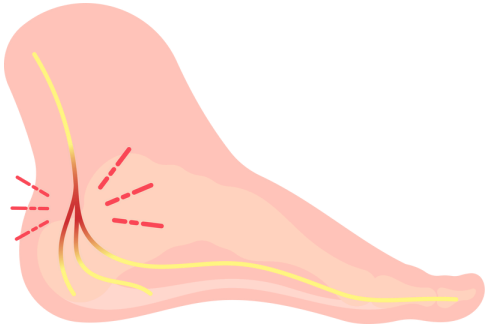


pee a lot



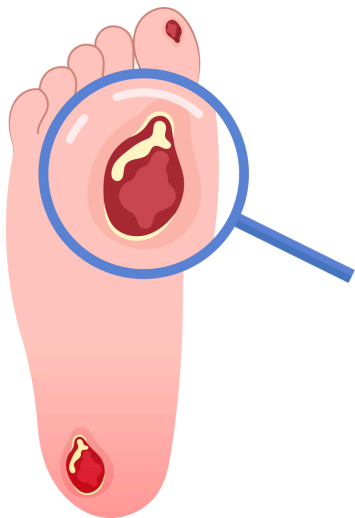
have blurry eyesight





Diabetes can cause **nerve damage**. Nerves tell the brain what the body **feels**.

Nerve damage means your body cannot tell your brain that it is in pain.

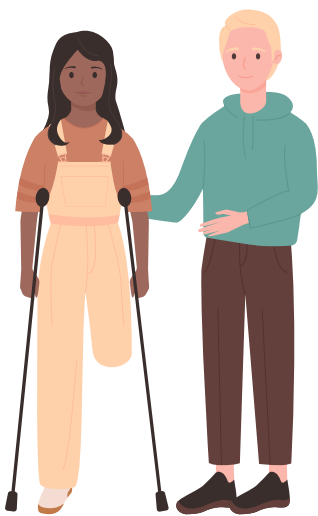


If you get injured, you might not feel it.

The injury can get **infected**.



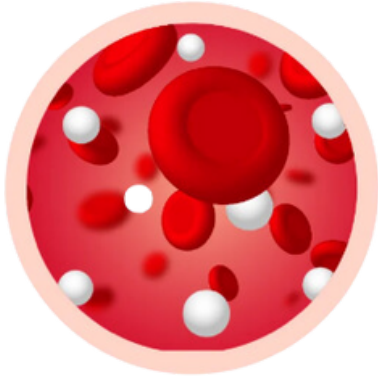
Infection makes your skin die and turn black.



When your injury cannot heal, you might face amputation.

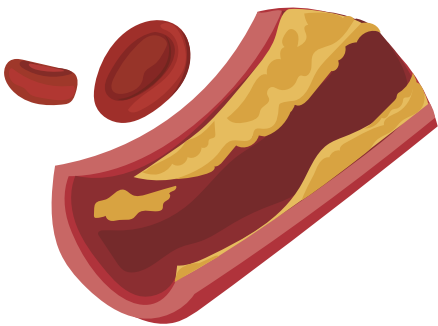
**Amputation** means the doctor has to remove the body part that is infected.

# Diabetes and Blood Pressure



Blood flows around our body.

We measure flow by taking your blood pressure.



High blood sugar levels cause blood to become sticky and **block** the flow.

It is hard for the heart to pump blood in your body.

# Blood Pressure



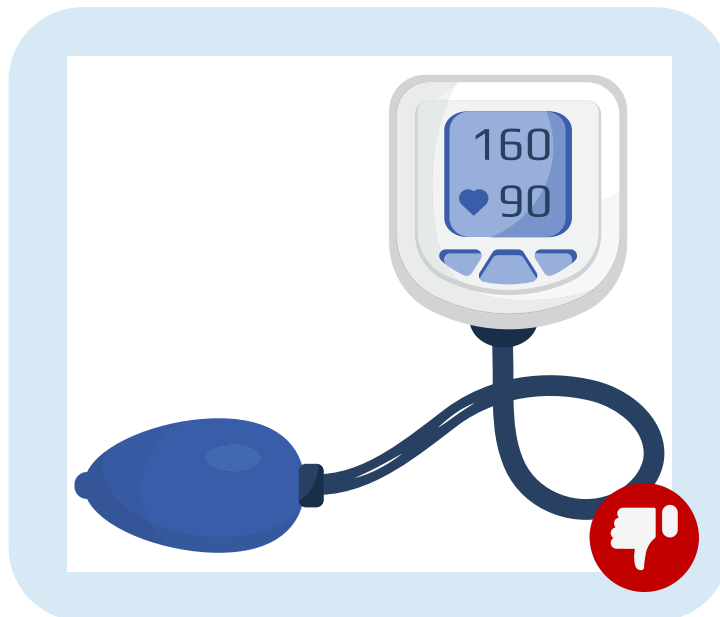
When blood cannot flow properly, it can cause high blood pressure. This is called **hypertension**.

Hypertension can lead to heart attack.



< **130**  
— less than —  
< **80**

## Normal Blood Pressure



> **130**  
— more than —  
> **80**

## High Blood Pressure

Check your blood pressure regularly.  
A healthy level is **below 130/80**.

# Hypoglycemia



**Too little  
sugar**

**Hypoglycemia** means there is **too little sugar** in your blood.

When you have too little sugar in your blood these things can happen:



**Sweating**



**Shaking**



**Hunger**



**Headaches**

You can have too little sugar  
in your blood because of:



**Side effect  
of medication**



**Too much  
exercise**



**Not eating  
enough food**



**Drinking too  
much alcohol**



**What to do when  
you have low  
blood sugar...**



3 teaspoons of  
**sugar** or **honey**

or



1/2 cup **fruit juice**  
or **soft drink**

If you have too little sugar in your blood,  
eat or drink something sweet.



# IDHealth

AN INITIATIVE BY  
HAPPEE HEARTS  
MOVEMENT

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