How Your Body Works

A Gestational Diabetes Information Booklet
Carbohydrates in food give you energy.

Muscle cells burn glucose as fuel ...

...This gives you energy to move around.

During pregnancy, it gives baby energy to grow.

Carbohydrates in food are broken down to glucose (sugar).
Which foods give you carbohydrates for energy?

Glucose comes from food that has carbohydrates. These foods are called carbohydrate foods.
Digestion - breaking food down

Carbohydrate foods are broken down in the stomach & intestines into glucose, for energy.
How glucose gets into the muscle

You need **insulin** to help glucose get into your muscle cells

**Insulin** is made by your pancreas.

Insulin is released into the blood when you eat.

Insulin and glucose travel through the blood to muscle cells.

**Insulin** is like the key to the door....it helps glucose pass into the muscle cells.
Glucose is then burned as a fuel inside our muscle cells to keep our body working...

...like petrol in a car engine.

See your diabetes and pregnancy health team (e.g. health worker, doctors, diabetes educator, dietitian).
Acknowledgements:

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Other booklets in this series:

• Gestational Diabetes - What is it? How do we treat it?
• Eating for Gestational Diabetes
• Starting Insulin Injections
• After Baby is Born

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