

## Chapter 10

# Feelings and Diabetes



You and your child will have many feelings when you find out about the diabetes. Having these feelings is very normal. It is important for families to share and talk about these feelings.

The most common feelings are:

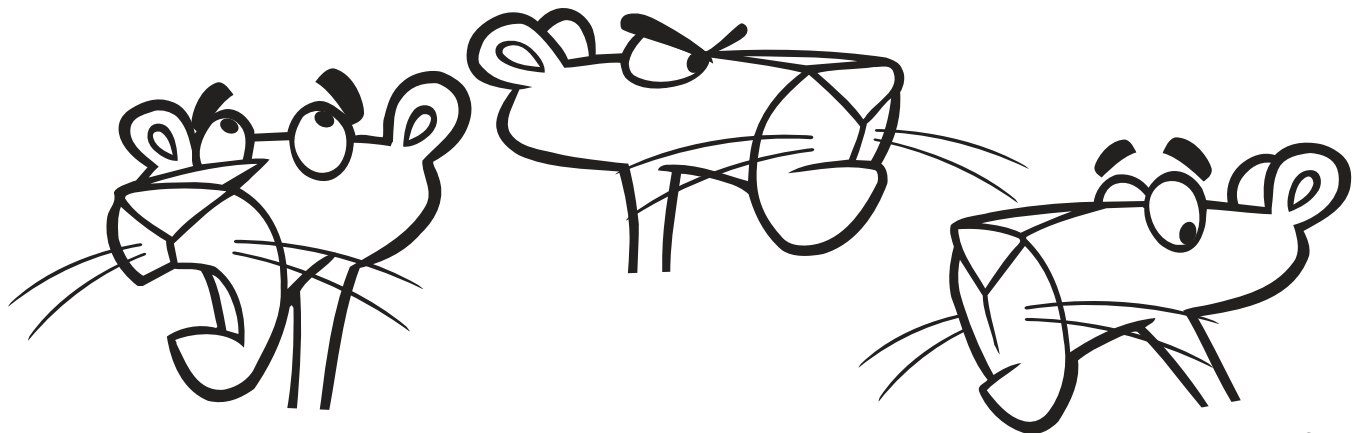
- shock
- grief
- denial
- sadness
- anger
- fear/anxiety
- guilt
- **adapting: as time passes, everyone will not feel so overwhelmed**

We ask **EVERY** newly diagnosed family to meet with a counselor to discuss feelings. It

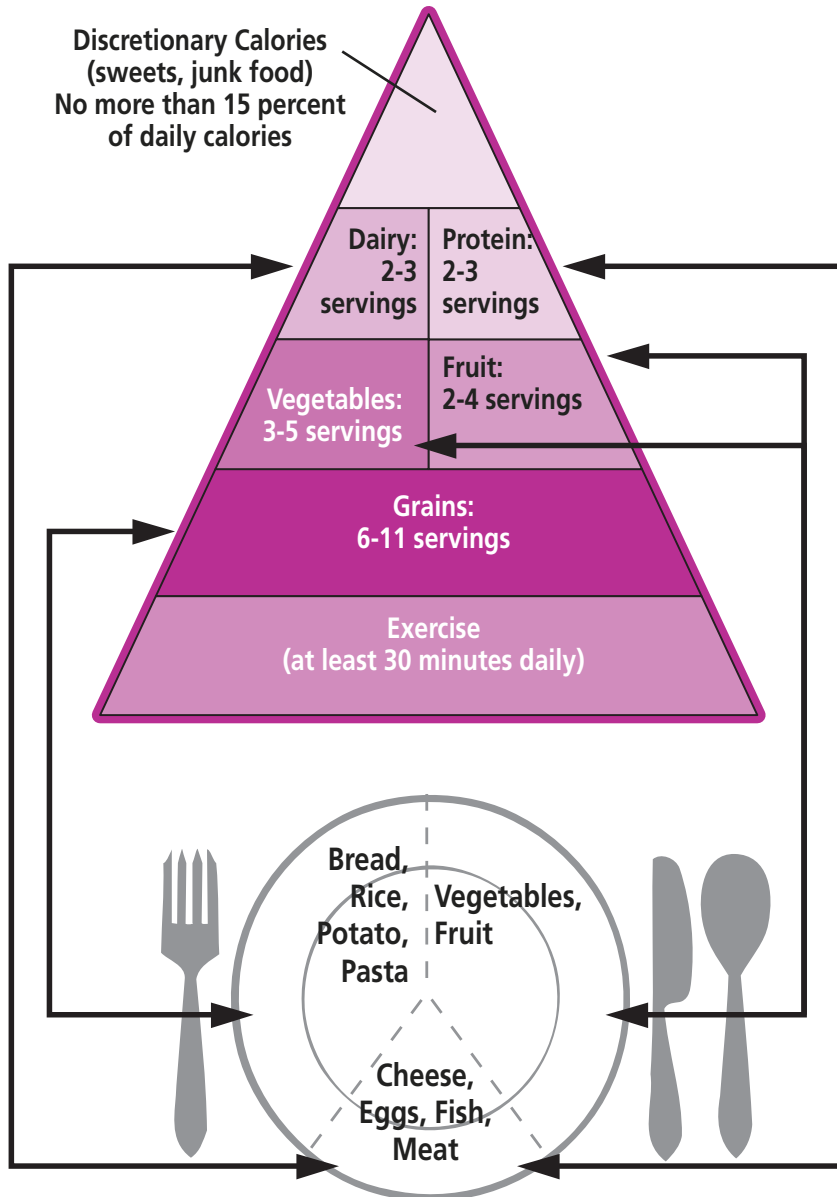
is important for all family members to share how they feel. All family members need to work toward feeling positive about how diabetes will fit into their family life.

As time passes, the family will find they are better able to deal with the shots, blood sugar checks, food plan and other day to day tasks. More talking within the family and with their health care givers can help reduce the stress.

Fitting the diabetes into as normal a lifestyle as possible becomes the major goal.



# The Healthy Eating Pyramid



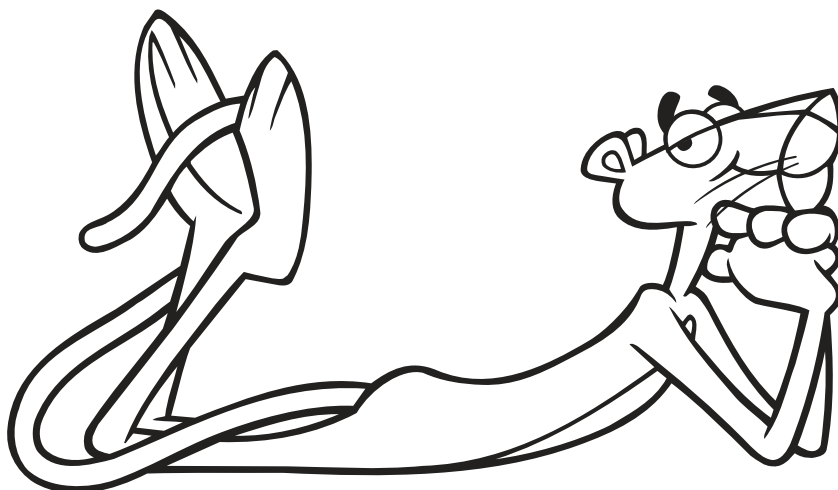
The Daily Plate of Food



What does your plate for a day look like?

Look at the food guide to see if you need to:

- Eat more starch foods (e.g., whole wheat bread, brown rice, potato and pasta)
- Eat more fruits and vegetables
- Eat less protein and fat (particularly red meat)
- In general eat more foods that are low on the pyramid and fewer foods that are higher



The food pyramid –  
Try to eat more of the foods in the lower three blocks.