

Teacher's Version

Insulin Helps Your Body Use Food

The gastrointestinal (GI) tract breaks the carbohydrate in the pasta into glucose molecules. (**g**) Glucose is absorbed from the GI tract and into the bloodstream. In people without diabetes, the pancreas responds to the increase in blood glucose by producing enough insulin (**i**) to handle the extra glucose.

Insulin attaches to cells in the body. It changes the cell membrane so that glucose can enter the cell. Cells throughout the body then use glucose to produce energy.

If the pancreas cannot make enough insulin or if the insulin is not working properly, insufficient insulin attaches to the cells. Glucose then builds up in the bloodstream.

This leads to the high blood sugar which can occur in people with diabetes.

