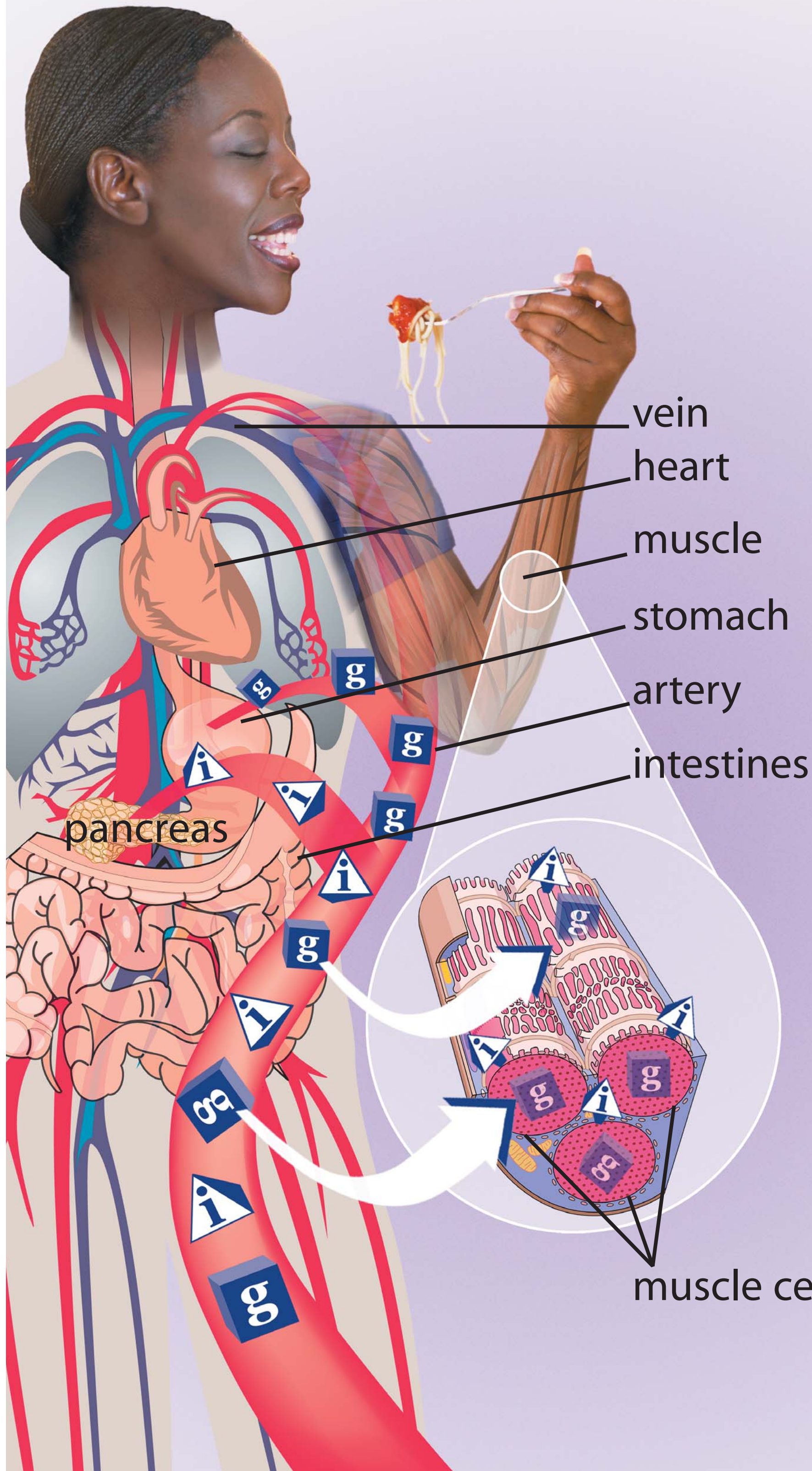


Insulin Helps Your Body Use Food



1 Certain foods are broken down into a sugar called glucose (**g**). Glucose then moves into your blood.

2 Your pancreas makes insulin (**i**) to help you use the glucose you ate. Insulin also moves into your blood.

3 You must have insulin to get glucose into places where your body can use glucose for energy.