Nutrition and diabetes are very highly linked. There are two types of diabetes that we typically hear about: Type I diabetes, which is often called juvenile diabetes and usually that’s the type that individuals have to take insulin shots with. The second type, Type II diabetes, we used to call adult onset diabetes. Now again we’re seeing this in many younger children. 7, 8 to 10 year old children are often developing Type II diabetes. Things that are predisposed individuals to developing Type II diabetes are overweight, lack of exercise, and the type of diet that they use. The reason that diabetes usually occurs is that for some reason the cells stop opening up and taking in the insulin. If you think about the cells of our bodies as like doors, and the insulin that the pancreas produces as the key that opens that door, for some reason the insulin stops opening the cells and the glucose then is not able then to go inside the cells. As that happened, the amount of glucose that circulates throughout the body stays very high, and so then we tend to develop more fat and it becomes a cycle in that you continue to gain more weight and you have more issues of developing diabetes. Many people have what the doctors call “pre-diabetes,” and so they are at more risk, especially middle school children are really at very high risk of making some choices that can help eliminate diabetes later in life.