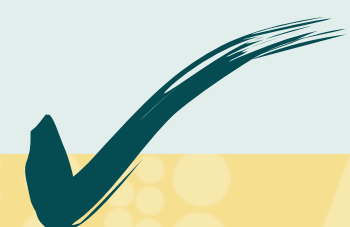


What to say to someone living with diabetes

 **Don't say:**

 **Do say:**

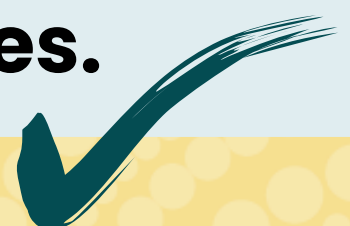
"You don't look like you have diabetes!" 

"Diabetes looks different for everyone." 

"She's a diabetic." 


"She is living with diabetes." 

"You can't eat that! You have diabetes!" 

People living with diabetes can make their own food choices. 

"You need to lose weight!" 

Don't judge someone's body. People of all sizes can be health-focussed. 

"Why aren't you drinking? Are you pregnant?" 

You don't need to say anything. People abstain for all kinds of reasons. 



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