

# Diabetes Education Programs

## Information for Young People

### Dose Adjustment For Normal Eating (DAFNE)

DAFNE stands for **D**ose **A**ddjustment **F**or **N**ormal **E**ating and it refers to a particular approach to managing diabetes by working out how much insulin to give, based on what you want to eat.

“I already do that” I can hear you saying, but DAFNE gives you lots of skills and techniques to very **accurately** work out how much insulin you need, rather than just guessing. With DAFNE you can eat what you want, when you want providing you match the food with insulin.

Currently many centres around Australia are offering D.A.F.N.E training for people with Type 1 diabetes who are 17yrs and older. If you would like to know more go to the OzDAFNE website [www.dafne.org.au](http://www.dafne.org.au)