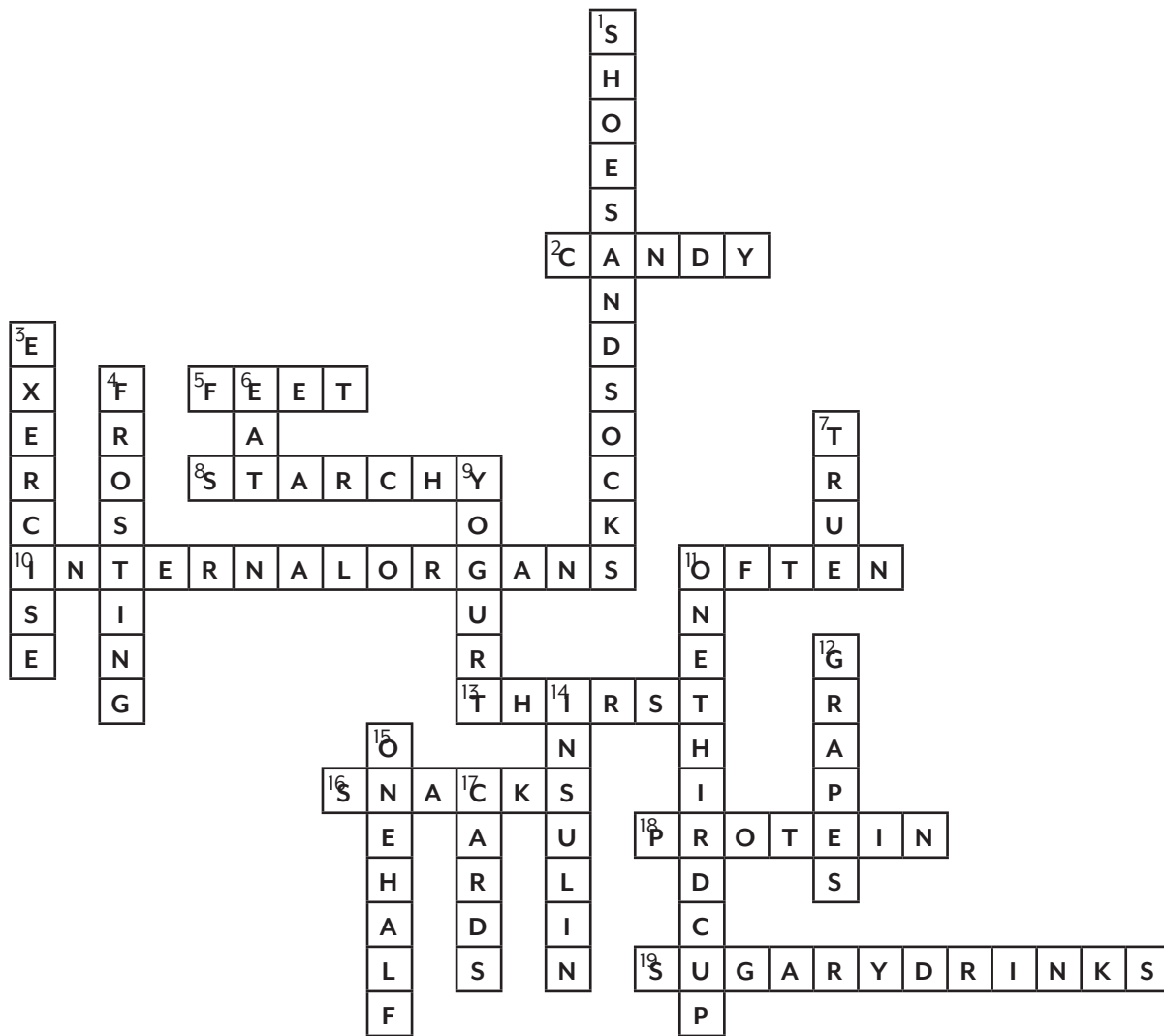


DIABETES CROSSWORD PUZZLE



ACROSS

- Which of these will raise your blood sugar? Chicken, butter, or candy?
- Wounds heal more slowly when your blood sugar is out of control, especially on your _____.
- Vegetables are important in the diet, but have smaller portions of those that are _____ like corn or peas.
- If I don't keep my blood sugar in check, it will affect and eventually damage my _____.
- Eating small portions _____ throughout the day is important to avoid spikes in blood sugar.
- Increased _____ and urination are signs of high blood sugar and symptoms of diabetes.
- It is good to eat these between meals as long as they are not carbohydrate dense.
- Eating _____, fat, or fiber with a carbohydrate will take longer for the carb to digest and keep your blood sugar more level.
- Avoid these types of things including soda, juice, malts, shakes, and more.

DOWN

- Always wear _____ _____ _____ to protect your feet.
- Eating less carbohydrates and getting more _____ will lower your blood glucose.
- A 2" square of cake might count as one carb, but when you add _____ it is two or more.
- When my blood sugar is low, I need to _____ right away.
- True or false: Normal blood glucose is between 85-110.
- You only need to count the carbs in which one of these foods: 3 oz. of chicken, 1 egg, or 8 oz. of fat-free yogurt? Use either chicken, egg, or yogurt in your answer.
- The portion size recommended for people with diabetes for pasta and rice.
- Fifteen of these small round green or red fruits equal one carb.
- When careful eating, oral medication, and exercise no longer control your blood sugar, the medicine you need to inject is called _____.
- One cup of white milk (whole or skim) equals a carb, while only _____ cup of chocolate milk is one carb.
- Three ounces of protein (meat, fish, or poultry) is often described as the size of your palm or a deck of playing _____.