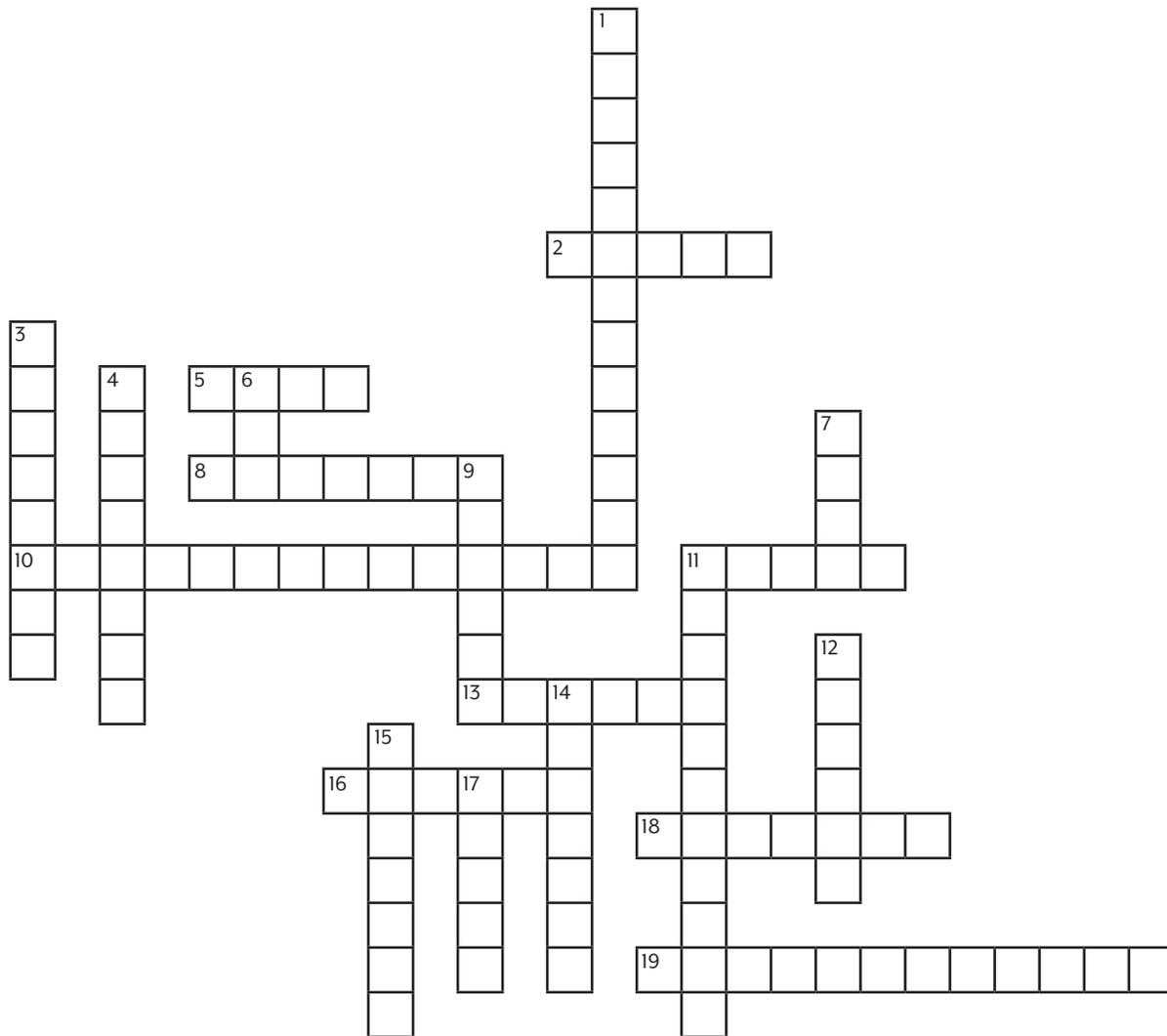


DIABETES CROSSWORD PUZZLE



ACROSS

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

DOWN

1. Always wear _____ _____ _____ to protect your feet.
3. Eating less carbohydrates and getting more _____ will lower your blood glucose.
4. A 2" square of cake might count as one carb, but when you add _____ it is two or more.
6. When my blood sugar is low, I need to _____ right away.
7. True or false: Normal blood glucose is between 85-110.
9. 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.
11. The portion size recommended for people with diabetes for pasta and rice.
12. Fifteen of these small round green or red fruits equal one carb.
14. When careful eating, oral medication, and exercise no longer control your blood sugar, the medicine you need to inject is called _____.
15. One cup of white milk (whole or skim) equals a carb, while only _____ _____ cup of chocolate milk is one carb.
17. Three ounces of protein (meat, fish, or poultry) is often described as the size of your palm or a deck of playing _____.