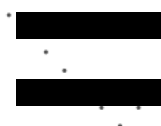


How Do I Control My Blood Sugars with Meals and Snacks?

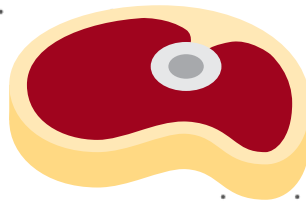
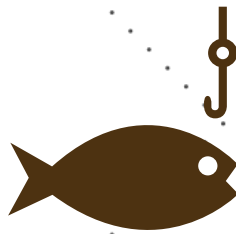
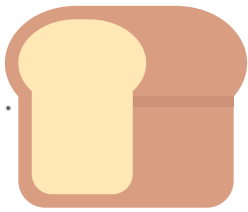
**Carbohydrate
(Sugar) Food**



Protein Food



**Controlled
Blood Sugar**



**Carbohydrate
(Sugar) Food**



**Carbohydrate
(Sugar) Food**



**High
Blood Sugar**

