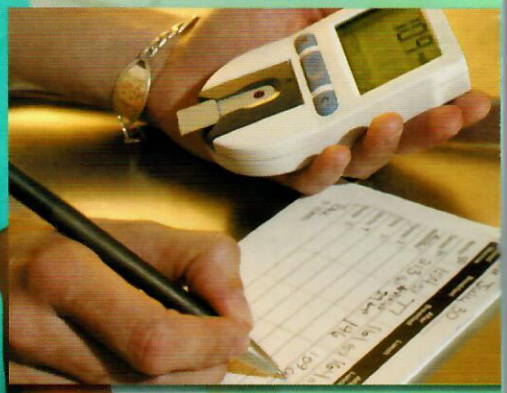
Self-Care Handbook

Diabetes Meal Planning