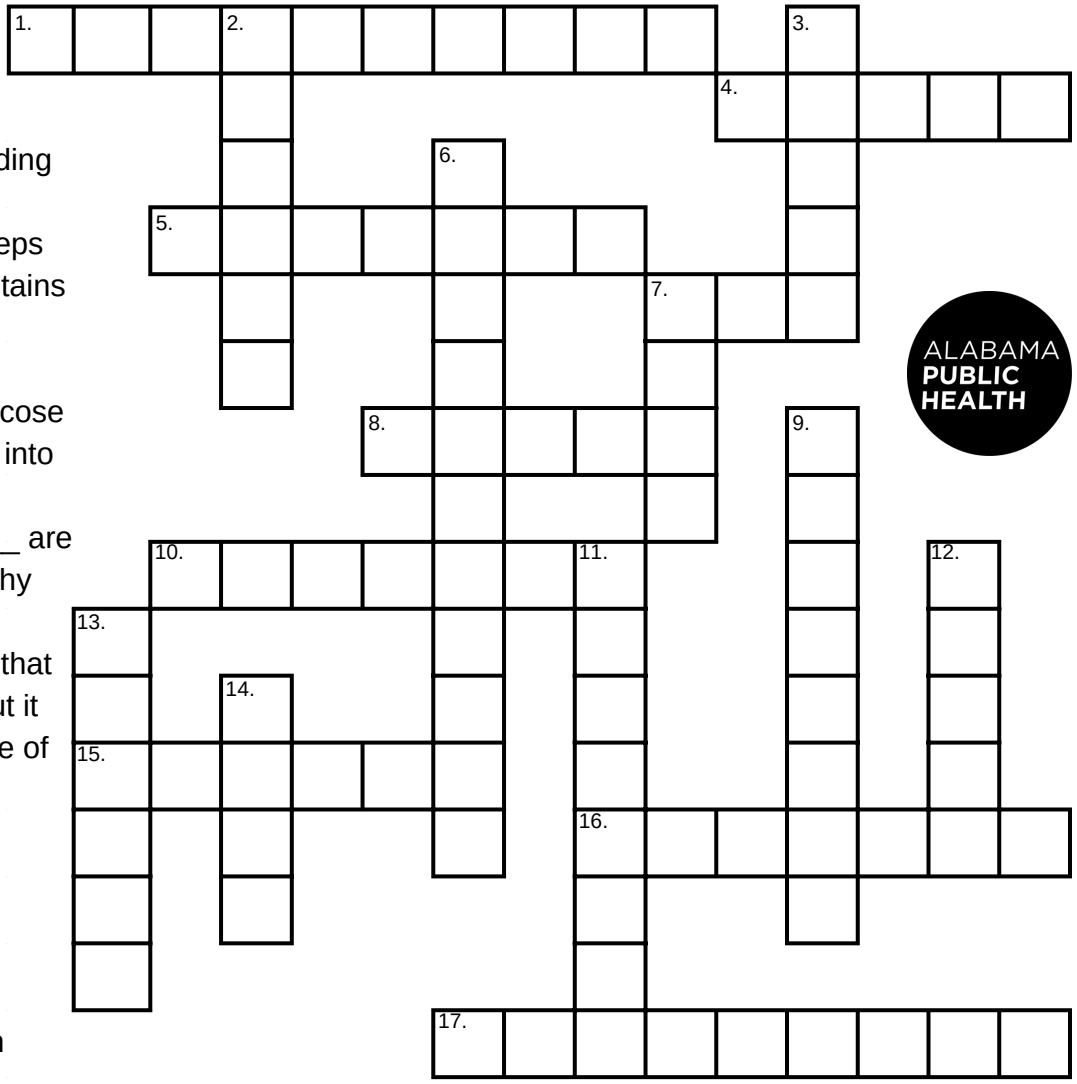
CROSSWORD PUZZLE



Across

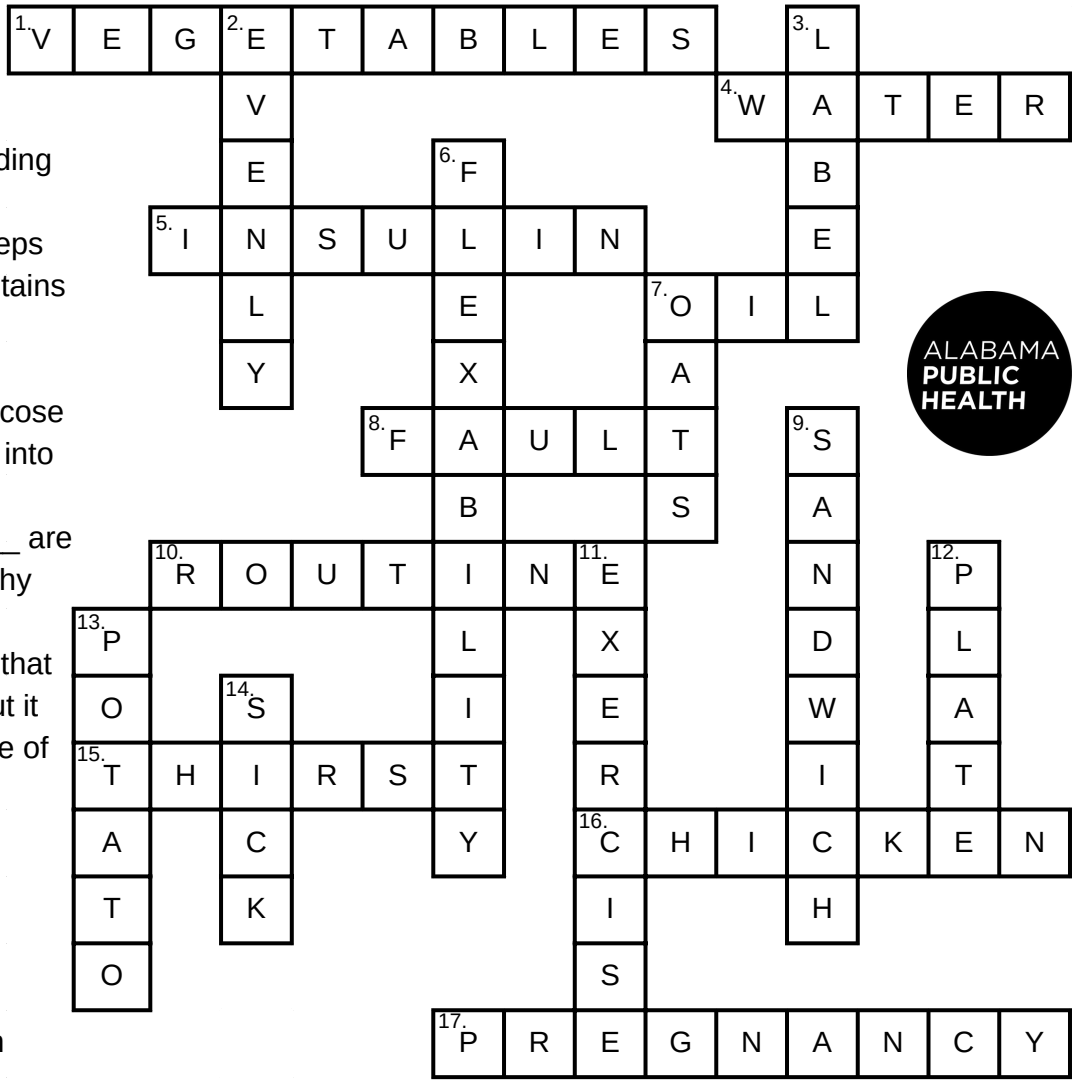
1. Those with diabetes should eat a variety of foods, including _____
4. A beverage that keeps you hydrated and contains no calories or carbohydrates
5._____ moves glucose from the bloodstream into cells
7.Canola and olive ___ are good sources of healthy fats
8.It is not your _____ that you have diabetes, but it is your job to take care of yourself
10.You may need to change your daily _____ to manage diabetes
15.Increased _____ and frequent urination are symptoms of high blood sugar
16.A source of lean protein
17.Gestational diabetes develops during _____ and increases risk for developing type 2 diabetes later in life

Down

2. Space meals out _____ throughout the day to help manage blood glucose levels
3.The food _____ shows the nutrition information for packaged foods
6.Increased by regular stretching
7.A whole grain
9.An example of a combination food
11.Regular _____ helps manage diabetes
12.The Diabetes _____ is the easiest way to create healthy meals that help manage blood glucose
13.A starchy vegetable
14.It is possible to have diabetes and not feel ____ or any different than you felt before being diagnosed

Alabama Diabetes PROGRAM

ANSWER KEY



ALABAMA PUBLIC HEALTH

Across

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