## **CROSSWORD PUZZLE**

Across	1.			2.								3.				
1. Those with											4.					
diabetes should eat a								_								
variety of foods, includ	ling						6.	]								
			5.	-	_	_			_	1			1			
4. A beverage that kee	ps		5.													
you hydrated and cont	ains									7.			1			
no calories or													」			
carbohydrates													E	ALAB P <b>ubl</b> i	C	
5 moves glud	cose				J	8.			l	-	1	9.	1 <b>V</b>	HEALT		
from the bloodstream	into															
cells																
7.Canola and olive	_ are		10.						11.		J		1	12.	i	
good sources of health	าy															
fats	[	L3.		•	•	•				1			1			
8.It is not yourt	:hat		ļ	14.	1			ļ								
you have diabetes, bu	t it			14.												
is your job to take care	of	L5.						Ì		1			1			
yourself	Ļ								10							
10.You may need to									16.							
change your daily	ŀ		ł		1			ı								
to manage	Į		ļ							]						
diabetes																
15.Increased	L		J				17.	1								
and frequent urination																
are symptoms of high		D	own													
blood sugar			2. Space meals out throughout the day to help manage blood													
16.A Source of leaft protein				lucose levels												
17.Gestational diabete	eS	3.The food shows the nutrition information for packaged fo								ods						
develops during		6.Increased by regular stretching														
and increa	7.	7.A whole grain														
risk for developing type 2 diabetes later in life			9.An example of a combination food													
			L.Reç	gular _			helps	mana	age d	iabet	es					
		11.Regular helps manage diabetes 12.The Diabetes is the easiest way to create healthy meals														
- <b>⋌</b> Ⅱ)	th	that help manage blood glucose														
	13	3.A st	archy	vege	etable	<u> </u>										
Alabama Diabetes			14.It is possible to have diabetes and not feel or any different													
PROGRAM			ou felt													

## **ANSWER KEY**

Across 1.V	E	G	<sup>2.</sup> E	Т	Α	В	L	E	S		3. L			
1. Those with diabetes should eat a			V		•					<sup>4.</sup> W	Α	Т	Е	R
variety of foods, including			Е			<sup>6.</sup> F					В			
4. A beverage that keeps		5. I	N	S	U	L	I	N	]		E	İ		
you hydrated and contains no calories or	6		L		•	Е			<sup>7.</sup> O	I	L	١,		
carbohydrates			Υ			Х			Α				PUBL	_
5 moves glucose from the bloodstream into	<b>;</b>			l	<sup>8.</sup> F	Α	U	L	Т		<sup>9.</sup> S	'	HEAL	H
cells						В			S		Α			
7.Canola and olive are good sources of healthy		<sup>10.</sup> R	0	U	Т	ı	N	<sup>11.</sup> E		J	N		12. P	
fats 8.It is not your that	<sup>13.</sup> P					L		Х	Ī		D		L	
you have diabetes, but it	0		<sup>14</sup> .			ı		Е			W		А	
is your job to take care of yourself	<sup>15.</sup> T	Н	ı	R	S	Т		R	Ì		ı	1	Т	
10. You may need to	Α		С			Υ		<sup>16.</sup> C	Н	I	С	К	Е	N
change your daily to manage	Т		K				•	ı			Н			
diabetes	0	1						S	1			•		
15.Increased and frequent urination		J				<sup>17.</sup> P	R	Е	G	N	Α	N	С	Υ
are symptoms of high blood sugar 16.A source of lean protein 17.Gestational diabetes develops during and increases risk for developing type 2	1 2. gl 3. 6. 7.	Down  2 Space meals out throughout the day to help manage blood												



16.A source of lean protein	glucose levels								
17.Gestational diabetes develops during and increases risk for developing type 2 diabetes later in life  Alabama Diabetes	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								

than you felt before being diagnosed