

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
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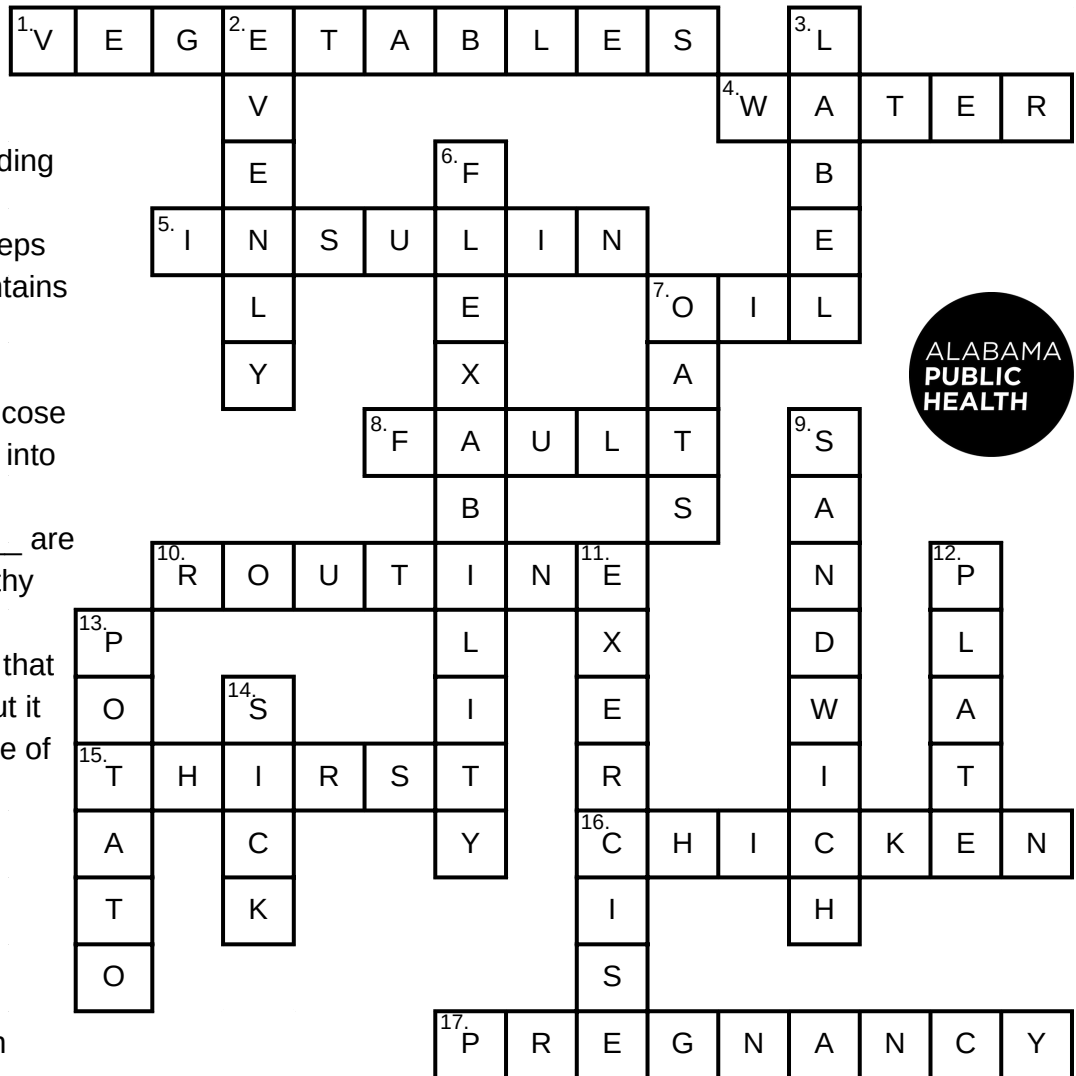


Alabama Diabetes
PROGRAM

ANSWER KEY

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