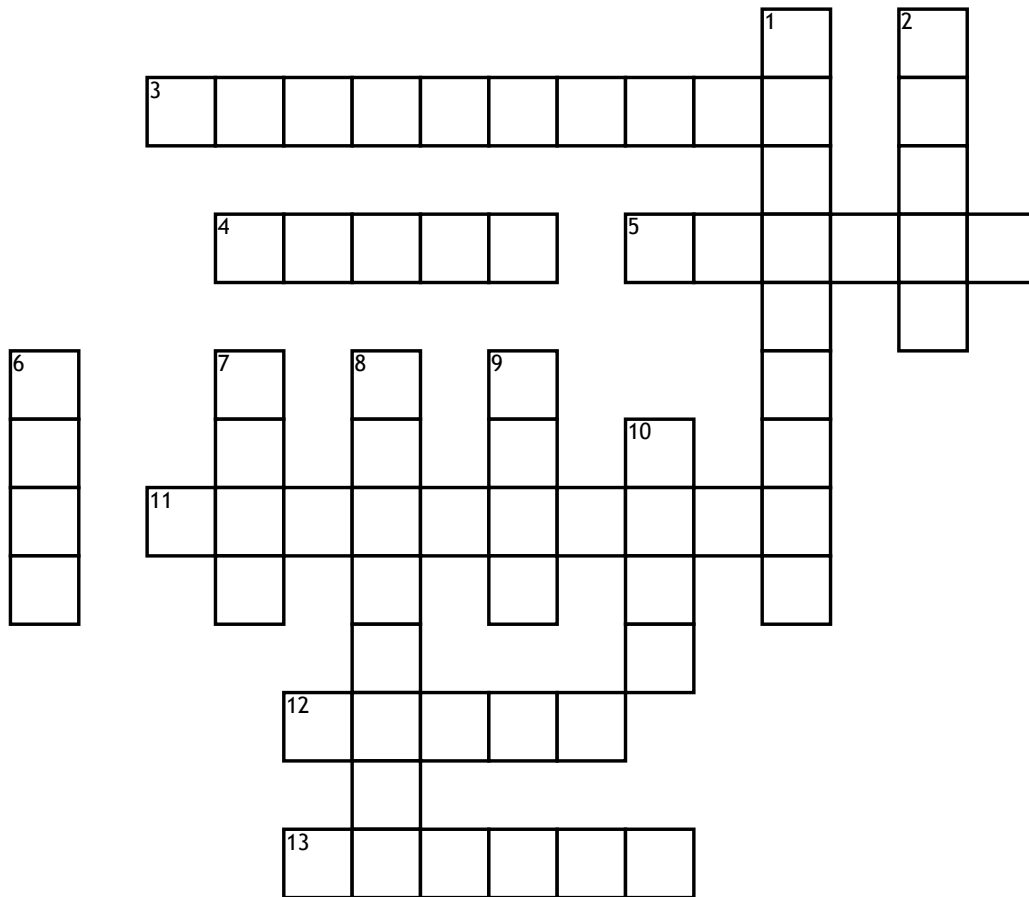


# DIABETES



## Across

3. Used to check your blood sugar?  
 4. is juice or the piece of fruit better for you  
 5. How often should you have eye exam  
 11. eat more of these and less junk food  
 12. fruit and grains provide

13. This butter is a great bedtime snack if your blood sugar is low

## Down

1. first meal of the day, every day!  
 2. How often should you check your feet  
 6. Should be limited if you have high blood pressure

7. never apply lotion between your \_\_\_\_\_

8. important to control your blood sugar and keep joints working

9. can be used as a protein or a starchy vegetable

10. It helps most with staying on a diabetic diet if you \_\_\_\_\_ meals ahead of time

## Word Bank

yearly	breakfast	fruit	toes	Plan
peanut	daily	glucometer	vegetables	Bean
salt	fiber	exercise		