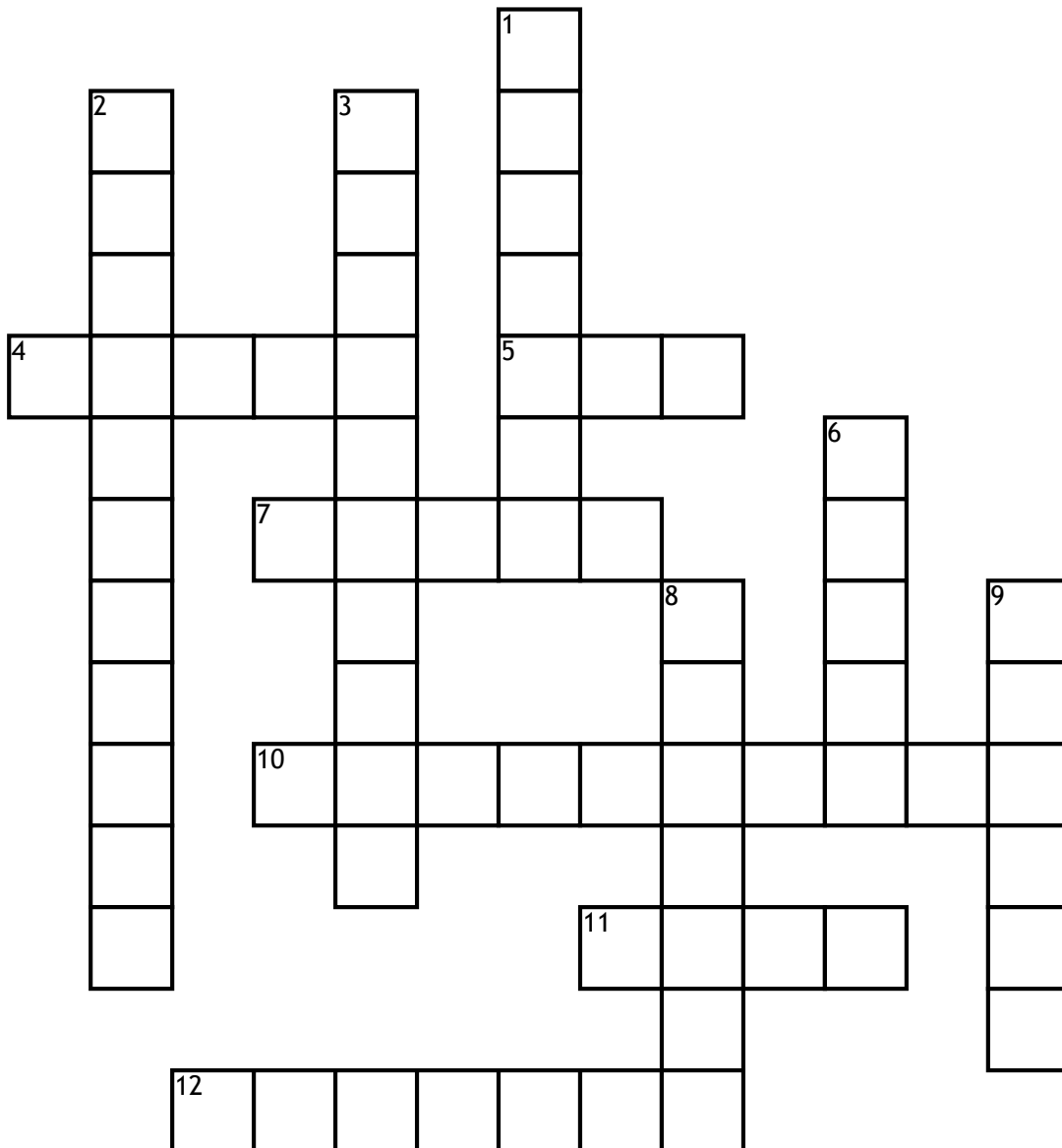


# Diabetic and Heart-Healthy Diet



## Across

4. If you choose not to count calories, the \_\_\_\_\_ plate method is a great way to measure portion sizes.

5. This can be a heart-healthy substitute to the usual cooking routine, replacing butter, cream, shortening, lard, or stick margarine

7. This is the best possible drink option for any diet!

10. When your blood sugar goes over 200 mg/dl you can become \_\_\_\_\_.

11. The most important factor influencing blood sugar.

12. Lean meat, poultry and fish, low-fat dairy products, and eggs are all great sources of \_\_\_\_\_.

## Down

1. Carbohydrates, fats, and proteins all affect your blood \_\_\_\_\_.

2. These are great sources of fiber and are easy to incorporate into your meals every day. They also play a big role in regulating blood pressure and heart health!

3. These provide many vitamins and minerals, and are also rich in fiber.

6. Although this type of food is generally good for you, it contains carbohydrates and should still be limited.

8. How much you eat is just as important as what you eat! Controlling \_\_\_\_\_ size is crucial!

9. High amounts of \_\_\_\_\_ can contribute to high blood pressure and put you at higher risk for heart disease. Note: Most of it comes from canned or processed foods, not just what you add at the table!