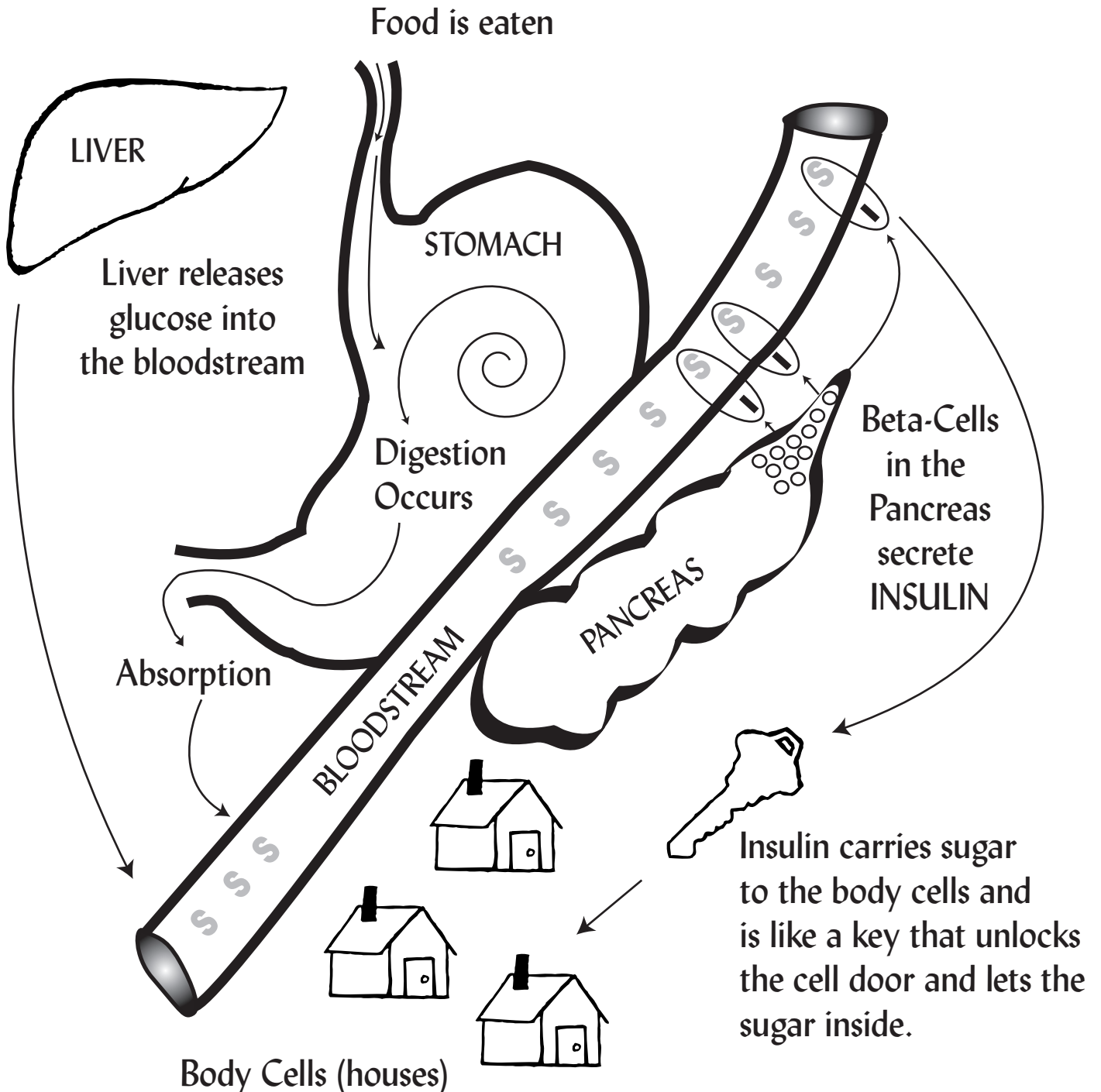


What is Diabetes?

SUGAR = GLUCOSE
(fuel)

Carbohydrates = Foods that turn to sugar

1. Starch: breads, potatoes, pasta, rice, cereal, corn, bannock
2. Fruit and sweet vegetables: peas, carrots, beets, parsnips, turnips
3. Milk
4. Sugary foods





Balance A Healthy Lifestyle