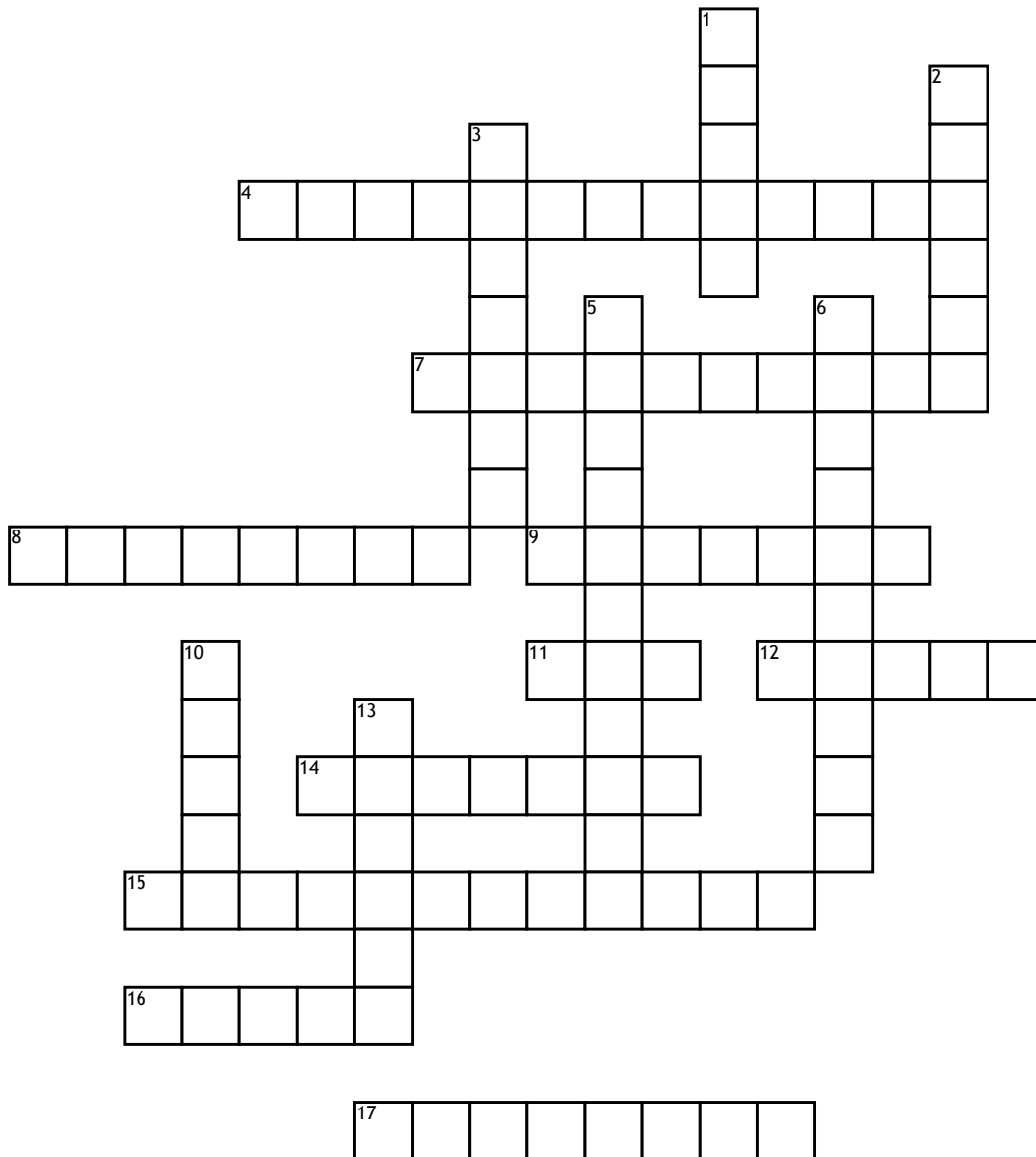


Dial Down Diabetes



Across

4. Another word for high blood sugar
 7. You should get 2 1/2 cups of this food group per day
 8. A sign of low blood sugar
 9. Device used to organize the administration of medications
 11. Non-modifiable risk factor for diabetes
 12. These should contain 45-60 grams of total carbohydrates
 14. Exercise that includes activities such as brisk walking, swimming, and running.

15. Another word for low blood sugar

16. You should get 2 cups of this food group per day

17. A disorder in which your body cannot properly process food into energy.

Down

1. These should contain 15-30 grams of total carbohydrates

2. You should get 6 ounces of this food group per day

3. You should get 5 1/2 ounces of this food group every day

5. Section of of the food label that is important for helping you determine how much food you should eat

6. Device used to measure blood sugar

10. You should get 3 cups of this food group per day

13. Common type of strength training for developing size of skeletal muscle