

Name: _____

Date: _____

Snacking with Diabetes

S N N H A T I U R F H N G E D Q Z B P L Q N U F
A G N I T A E Y H T L A E H V M Z D I N O N K P
H J S V S F L W D B E A R T Y E J B X W F S I F
D L D V E Q H G B L H E H R U P G D S S O K E I
U L E D L O J D N X G U I V L Q Y H K H H C E A
W K E L B S G U X F M A Z I Y B B M Y Z L A G O
X J S R A K R V I B D B B A L G J E W Y G N N Y
Q I T W T Z J S T T U D E U F H G A H F I S I U
T O U S E P T I A M Y W C Z U B Q S M L G N T M
X C Z J G S P F Z H T S P K A J L U O B L O N Z
F X B U E F W N S N G B G S N A Y R X Z U I U E
F E D C V O F E G T F D E M H A U I I X C T O Q
O H Q C L R A G U S D O O L B S Y N Y C O A C D
O Z L U Z W R O E A P M K B U S G G P O S N B E
D K C W H O L E G R A I N S U C C S Q D E I R Z
L Y U X R R X X T Z L T K Y G Z V P K J M B A I
A W R T D F A I I S M W K Q D R F O I S E M C S
B N G E O J Z F Y L W Q K S M P A O I R T O M N
E D U D H P L E A N P R O T E I N N C G E C C O
L X E I M T D F M D Y M I I R K R O T L R E T I
S F P P Y H L E K Q S I U I T H U M B S N H F T
G S K O M M H I T D I A B E T E S W R C J S G R
A A F Y S T U N D E H C M F M T E L P O L K D O
D K R M E A S U R I N G C U P D K Q B Q B N J P

COMBINATION SNACKS
GLUCOSE METER
CARB COUNTING
LEAN PROTEIN
VEGETABLES
THUMB
PALM

MEASURING SPOON
MEASURING CUP
WHOLE GRAINS
FOOD LABELS
THUMB TIP
SEEDS
NUTS

HEALTHY EATING
LOW FAT DAIRY
PORTION SIZE
BLOOD SUGAR
DIABETES
FRUIT
FIST