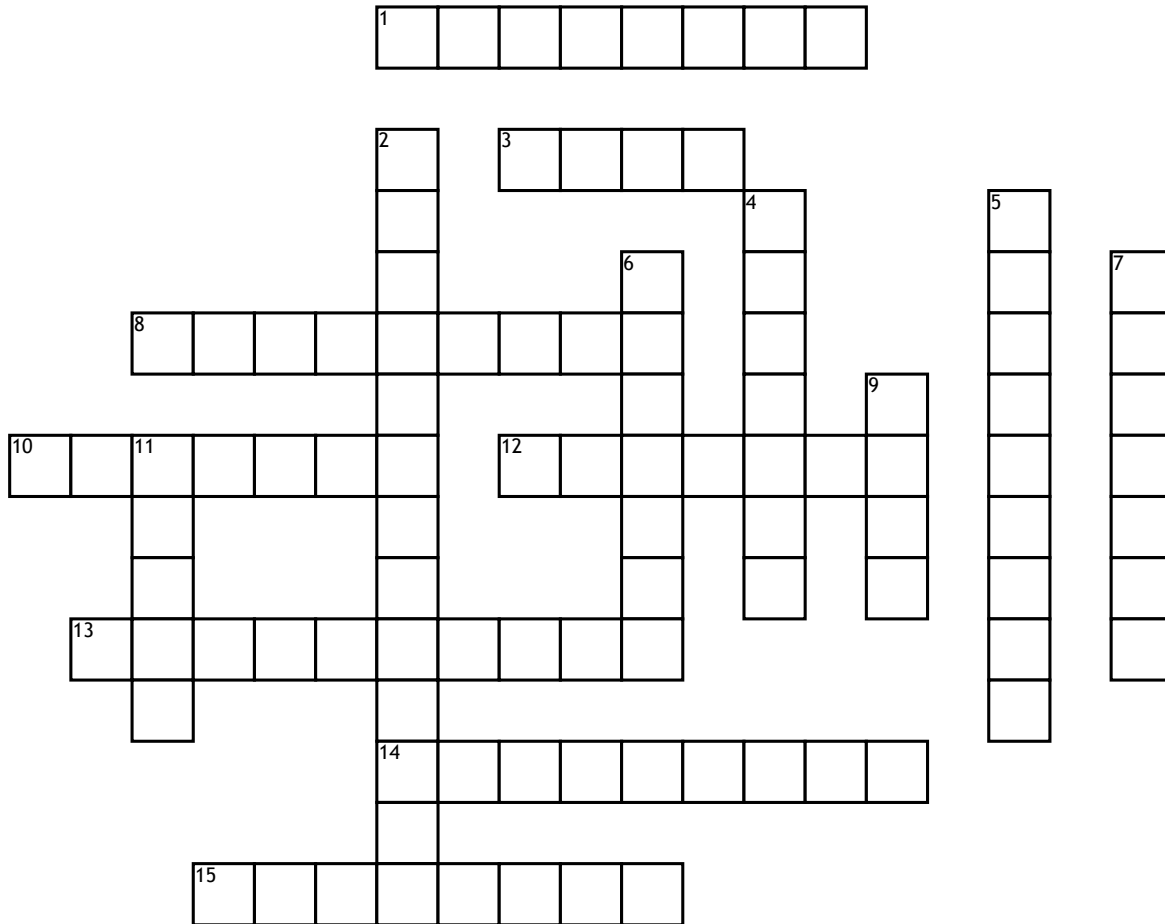


Name: \_\_\_\_\_

Date: \_\_\_\_\_

# Type 2 diabetes



## Across

1. what is one way to manage diabetes?
3. when cooking meat such as chicken and turkey, what should be removed?
8. what medication blocks the production of glucose by the liver?
10. an example of unprocessed whole grains is?
12. stronger muscles use what more effectively?

13. if exercise and diet doesn't reduce blood glucose levels, what is the next step?
14. Diabetes is what type of disorder?
15. what is a symptom of hypoglycaemia?

## Down

2. what occurs when the blood glucose level drops too low?
4. what accumulates in the blood?

5. diabetics should avoid food rich in what type of fat?
6. what does exercise decrease the resistance of cells to?
7. in the plate method, what portion of the plate is assigned for starch and bread?
9. over time medications can become more or less effective?
11. how many cups of vegetables are we recommended to eat per day?