

Blood Sugar Testing Steps

Steps

1.



2.



3.

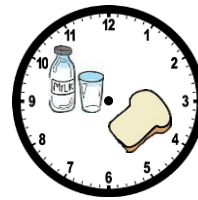


4.



5.









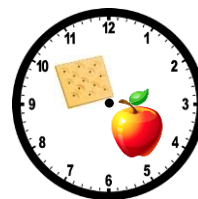






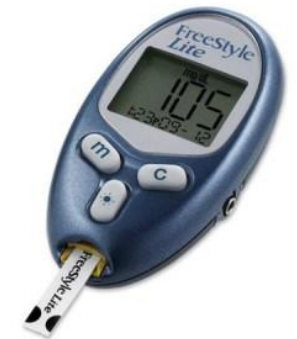













Eating Healthy and Blood Sugar Testing Steps








African



Healthy Food

<p>Injera</p> <p>Portion Size: 1/4 of a piece</p>	 
<p>Wat</p> <p>Portion Size: 1 cup</p>	 
<p>Rice and Lentils</p> <p>Portion Size: 1/3 cup</p>	 
<p>Meat and Fish</p> <p>Portion Size: There is not a limit on the portion of meat and fish.</p>	

Healthy Food

<p>Fruits</p>	
<p>Portion Size: 1/2 cup</p>	 
<p>Portion Size: 1 cup</p>	 
<p>Vegetables</p>	
<p>Portion Size: 1/2 cup</p>	 
<p>Portion Size: There is not a limit on these vegetables.</p>	

Unhealthy Food

<p>Soda</p>	
<p>Juice</p>	
<p>Candy</p>	
<p>Cookies</p>	
<p>Cake</p>	
<p>Sugar</p>	