

|                 |                          |               |                    |                        |
|-----------------|--------------------------|---------------|--------------------|------------------------|
| <b>B</b>        | <b>I</b>                 | <b>N</b>      | <b>G</b>           | <b>O</b>               |
| Snacks          | 5 to 7<br>times a<br>day | Carbohydrates | JDRF               | Glucose<br>Meter       |
| CGM             | Protein                  | Hypoglycemia  | Apple<br>Juice     | Insulin<br>Pump        |
| Pancreas        | T1D                      | <b>FREE</b>   | Auto-Immune        | Fast<br>acting<br>carb |
| Finger<br>prick | Needles                  | Glucagon      | Exercise           | Hyperglycemia          |
| Endocrinologist | Beta<br>Cells            | Insulin       | Type 2<br>Diabetes | Carb<br>counting       |

|               |                 |               |                  |                    |
|---------------|-----------------|---------------|------------------|--------------------|
| <b>B</b>      | <b>I</b>        | <b>N</b>      | <b>G</b>         | <b>O</b>           |
| T1D           | Apple Juice     | JDRF          | CGM              | Hypoglycemia       |
| Carbohydrates | Type 2 Diabetes | Glucose Meter | Beta Cells       | Insulin Pump       |
| Finger prick  | Auto-Immune     | <b>FREE</b>   | Fast acting carb | 5 to 7 times a day |
| Exercise      | Insulin         | Snacks        | Carb counting    | Needles            |
| Glucagon      | Hyperglycemia   | Pancreas      | Protein          | Endocrinologist    |

|                        |                          |                |                    |                  |
|------------------------|--------------------------|----------------|--------------------|------------------|
| <b>B</b>               | <b>I</b>                 | <b>N</b>       | <b>G</b>           | <b>O</b>         |
| Beta<br>Cells          | Insulin                  | Apple<br>Juice | Hyperglycemia      | Auto-Immune      |
| Snacks                 | Finger<br>prick          | Glucagon       | Protein            | Glucose<br>Meter |
| Pancreas               | Carb<br>counting         | <b>FREE</b>    | Needles            | Exercise         |
| T1D                    | Insulin<br>Pump          | JDRF           | Type 2<br>Diabetes | Carbohydrates    |
| Fast<br>acting<br>carb | 5 to 7<br>times a<br>day | Hypoglycemia   | <b>CGM</b>         | Endocrinologist  |