

B	I	N	G	O
Smoking	130/80 or less	1 serving of starch	Glucophage	NPH Detemir Lantus
Less than 7%	Fats	SGLT-2 Inhibitors	Medical ID	4.4 - 7.2
More than 1.0	Retinopathy	FREE	Starchy vegetables	ABC's of Diabetes
Me	Injectons pumps pens	Fat	Insulin	Pancreas
Less than 1.7	More	Protein	Less than 10	Humalog Novolog

B	I	N	G	O
Retinopathy	Injections pumps pens	Heart disease	Lower	Insulin
Glucose	Blurry vision	False	Lowers	Liver
Less than 10	A1c	FREE	Exercise	NPH Detemir Lantus
Insulin	SGLT-2 Inhibitors	Starchy vegetables	Rise	4.4 - 7.2
Me	ABC's of Diabetes	Fats	Glucophage	Medications

B	I	N	G	O
Thirsty	Nephropathy	More than 1.0	Medical ID	Protein
Blurry vision	False	Microalbumin	Liver	Fats
More	Lower	FREE	Lowers	130/80 or less
Hypoglycemia	1 serving of starch	Less than 7%	Smoking	Exercise
Type 2	Type 1	Feet	ABC's of Diabetes	NPH Detemir Lantus