

Diabetes Foods

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

NUTS
BEANS
BARLEY
BERRIES
FISH
APPLES
YOGURT
CHICKEN
TURKEY
BEEF
OATMEAL
CARROTS
SEEDS
OLIVE OIL
AVOCADO
MILK
EGGS

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