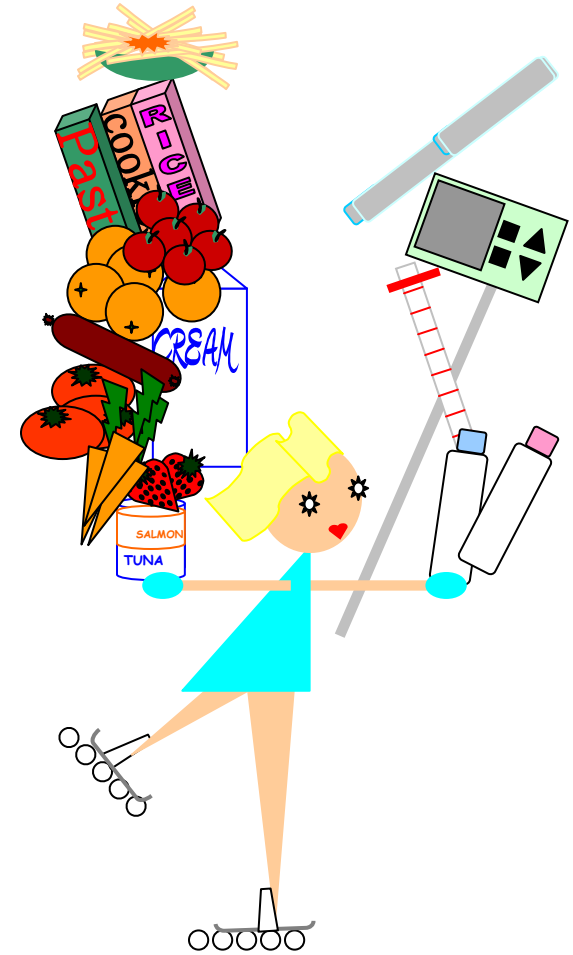
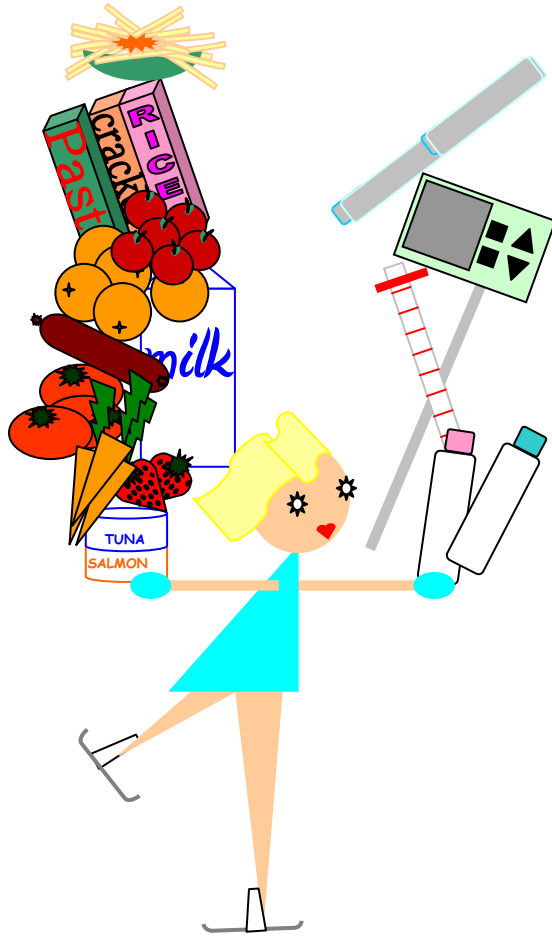




Find the Differences?

Can you find at least 6 things that are different in these pictures?



Balance your exercise, diet and insulin.



Find the Differences?

Can you find at least 6 things that are different in these pictures?



Next time you are on a carb fast, try this:

Cottage cheese for a face, hard-boiled egg eyes, shredded lettuce for hair, a cucumber mouth, and why not bits of broccoli for earrings?

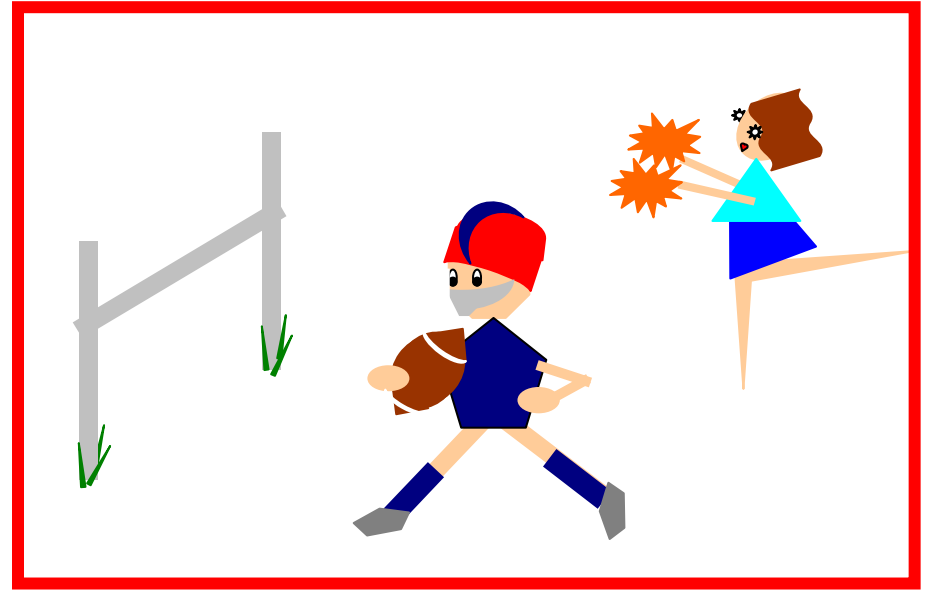
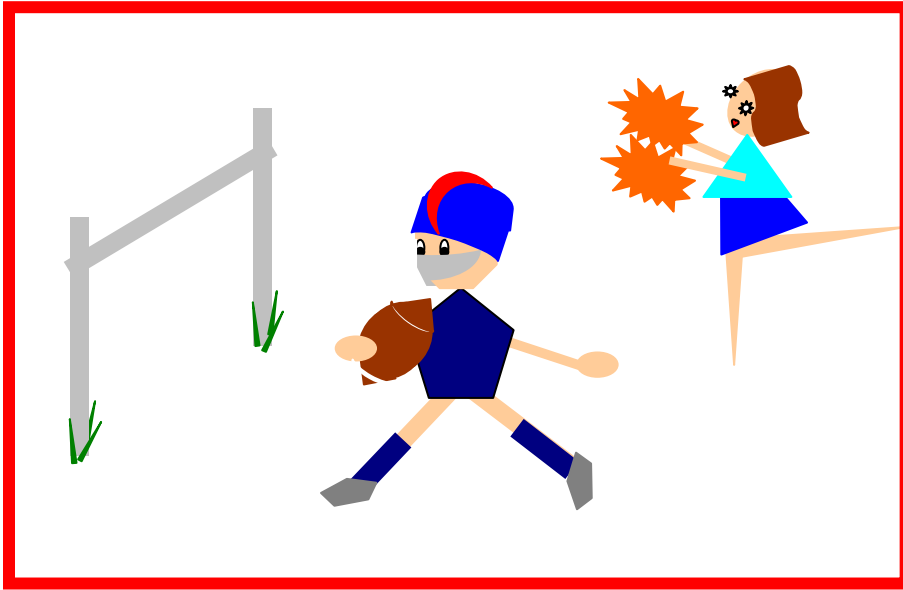
Lots of fun and almost zero carbohydrates!

Eggs, cucumber mouth, lettuce hair, spoon, broccoli ears, placemat.

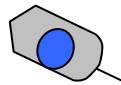
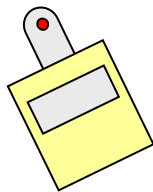


Find the Differences?

Can you find at least 6 things that are different in these pictures?



Check blood sugar **BEFORE** you exercise!



Check blood sugar **AFTER** you exercise!



Find the Differences?

Can you find at least 6 things that are different in these pictures?



- Animals on carousel
- Castle entrance
- Coconuts in palm tree
- Girl's ribbon
- Boy's hair
- Teacup