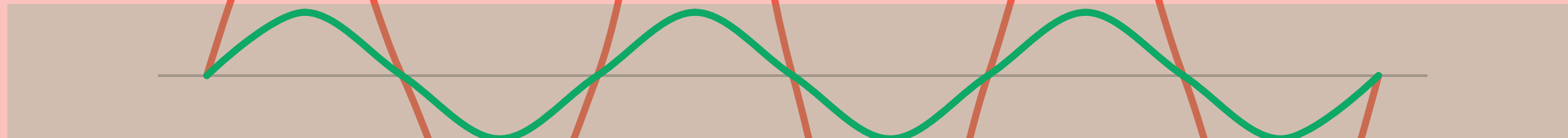


■ High sugar diet ■ Balanced diet

Blood sugar explained

Blood sugar level



Optimal blood sugar zone

High sugar meal