The Diabetes Plate Method

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| I | J | A | F | T | E | V | S | B | L | Y | N | X | B | I | R | A |
| I | H | U | M | M | U | S | O | X | A | R | E | X | M | F | T | I |
| Q | C | N | R | W | X | P | B | R | O | W | N | R | I | C | E | G |
| G | G | J | S | C | A | R | R | O | T | S | M | Z | M | H | P | S |
| B | R | I | F | R | U | I | T | S | G | F | K | A | P | B | A | H |
| V | E | P | P | T | P | E | P | P | E | R | S | L | G | U | O | R |
| O | E | Z | P | U | O | S | J | P | Y | T | B | B | L | V | A | I |
| Y | N | Y | O | N | S | T | W | O | O | R | H | A | B | B | T | M |
| C | B | U | T | A | C | O | G | P | O | M | X | E | U | Y | S | P |
| X | E | V | A | P | H | M | P | C | V | Y | O | G | U | R | T | R |
| J | A | O | T | Z | E | A | B | O | M | M | S | F | B | U | L | C |
| Q | N | P | O | G | E | T | Z | R | H | S | M | H | B | C | A | X |
| L | S | Y | E | U | S | O | I | N | L | E | T | T | U | C | E | Z |
| N | U | E | S | D | E | E | T | O | F | U | Y | P | U | B | R | X |
| X | N | G | U | C | H | S | B | R | O | C | C | O | L | I | Q | A |
| Y | Q | G | J | L | S | O | C | H | I | C | K | E | N | N | U | S |
| E | S | S | Y | L | C | V | J | M | U | S | H | R | O | O | M | S |

   YOGURT       TUNA       TOMATOES       TOFU       SHRIMP       POTATOES       POPCORN       PEPPERS       OATS       MUSHROOMS       LETTUCE       HUMMUS       GREENBEANS       FRUIT       EGGS       CHICKEN       CHEESE       CARROTS       BROWNRICE       BROCCOLI