

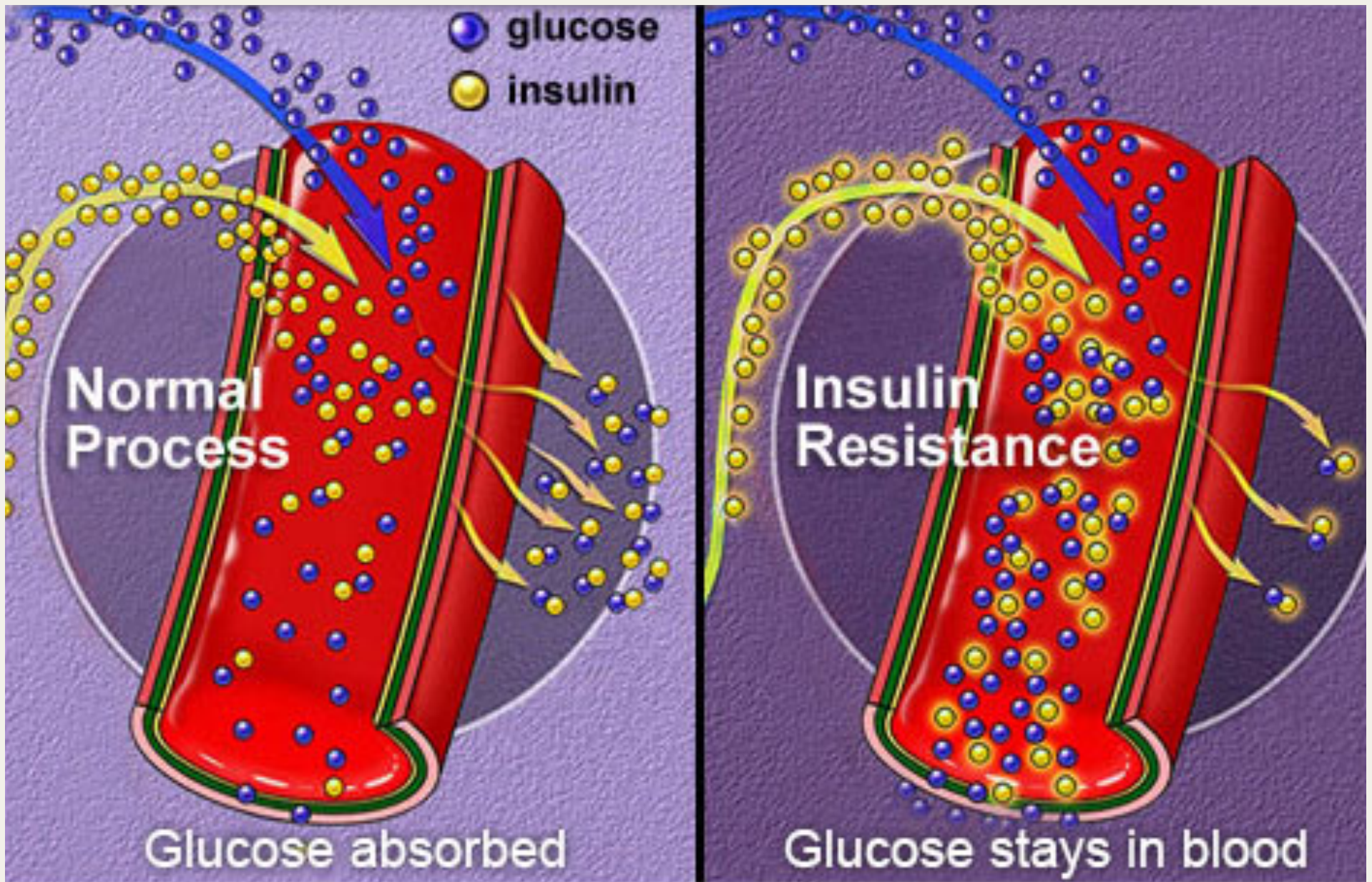


TIMING IS KEY

Diabetes Management
By: Regina Baz

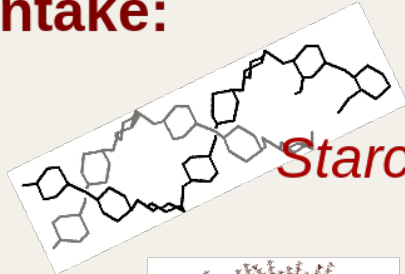
ISE Genius

ISE GENIUS

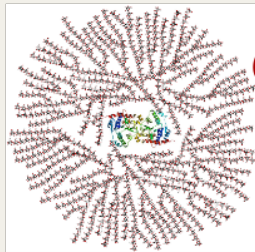


Glucose metabolism

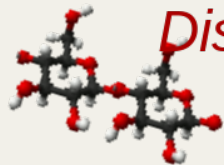
Intake:



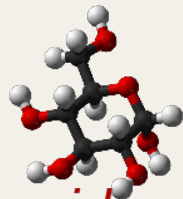
Starch



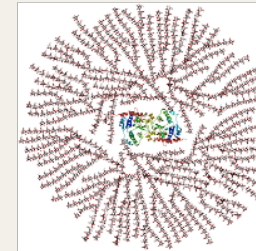
Glycogen



Disaccharides

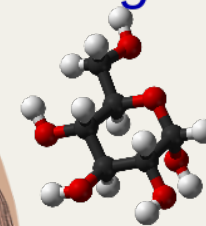


Monosaccharides
(glucose, fructose, galactose)



Storage:
Glycogen

Distribution and utilization:
Free glucose



Skipping breakfast?

NO

For more information visit my blog!

- <http://iseyear1.weebly.com>
- Reg's Blog (NUTRITION)

THANK YOU!