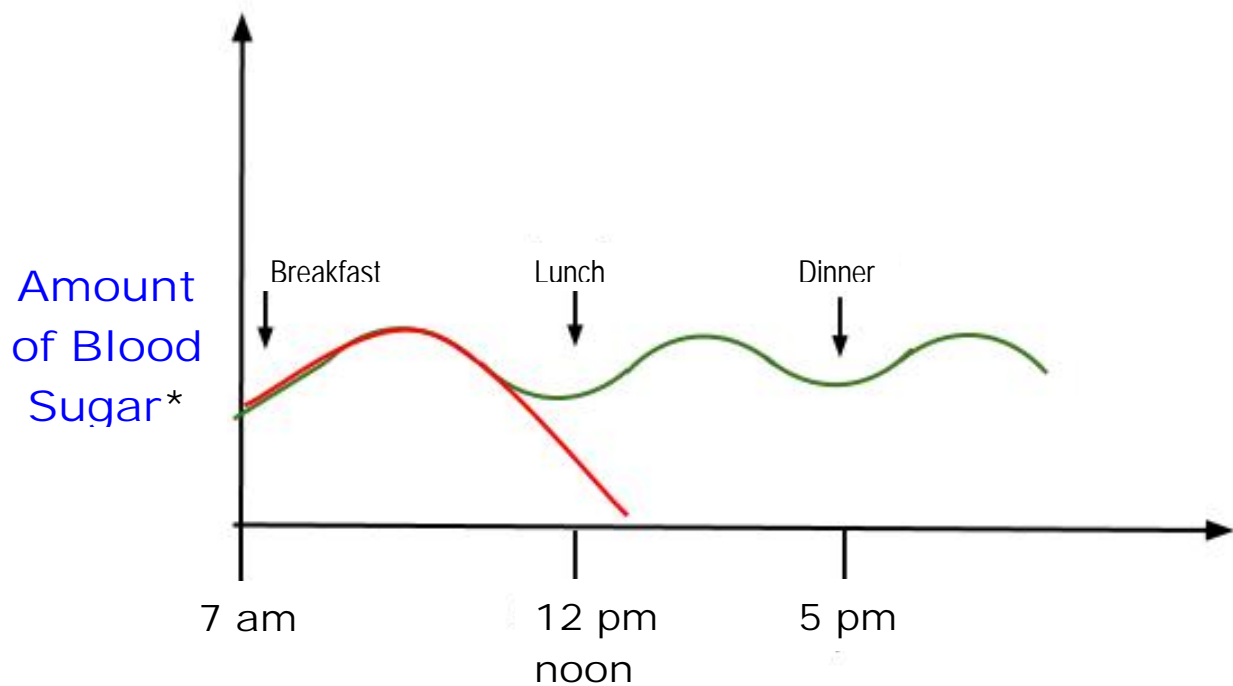




**Eat Well.
Move More.
Feel Great!**

GRAPH 2: WAITING TOO LONG TO EAT BETWEEN MEALS



*This graph depicts the general response of blood glucose and will vary per individual.

Source: American Journal of Clinical Nutrition, 34: March 1981, pp. 362-366. *Effect of carbohydrate distribution on postprandial glucose peaks with the use of continuous glucose monitoring in type 2 diabetes*^{1,2,3} Author: [Pearce](#), K.L.



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