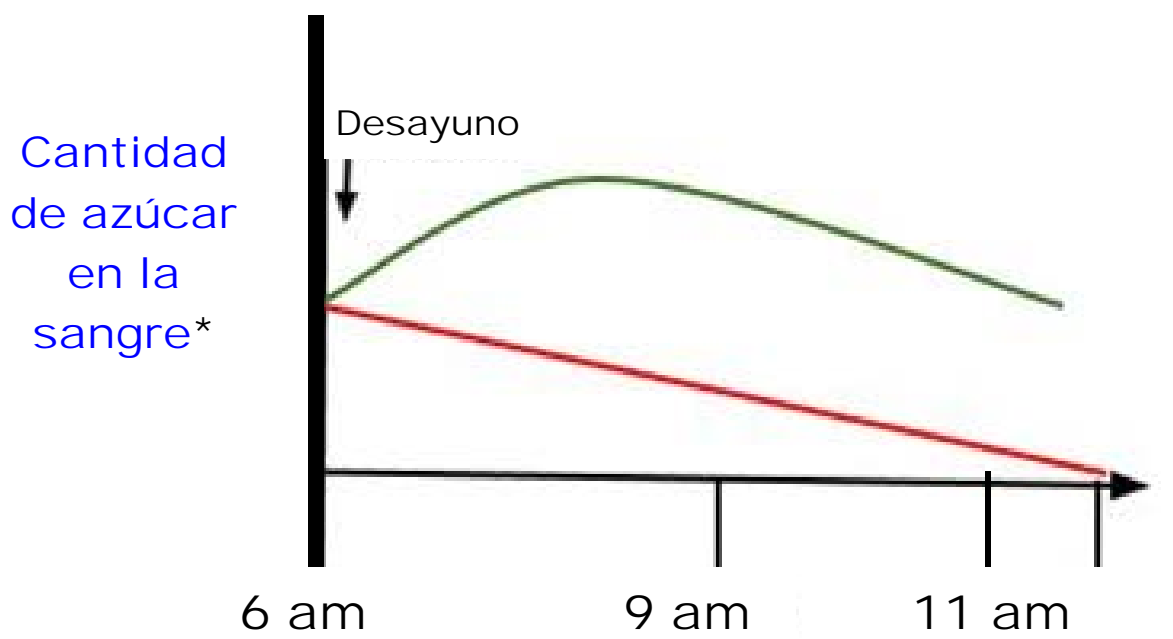




**Eat Well.  
Move More.  
Feel Great!**

## GRAFICO 1: SIN DESAYUNAR



\* Este gráfico representa la respuesta general de glucosa de sangre y variará por individuo.

Fuente: American Journal of Clinical Nutrition, 34: Marzo 1981, pág. 362-366. *Effect of carbohydrate distribution on postprandial glucose peaks with the use of continuous glucose monitoring in type 2 diabetes*<sup>1,2,3</sup> Autor: [Pearce](#), K.L.



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