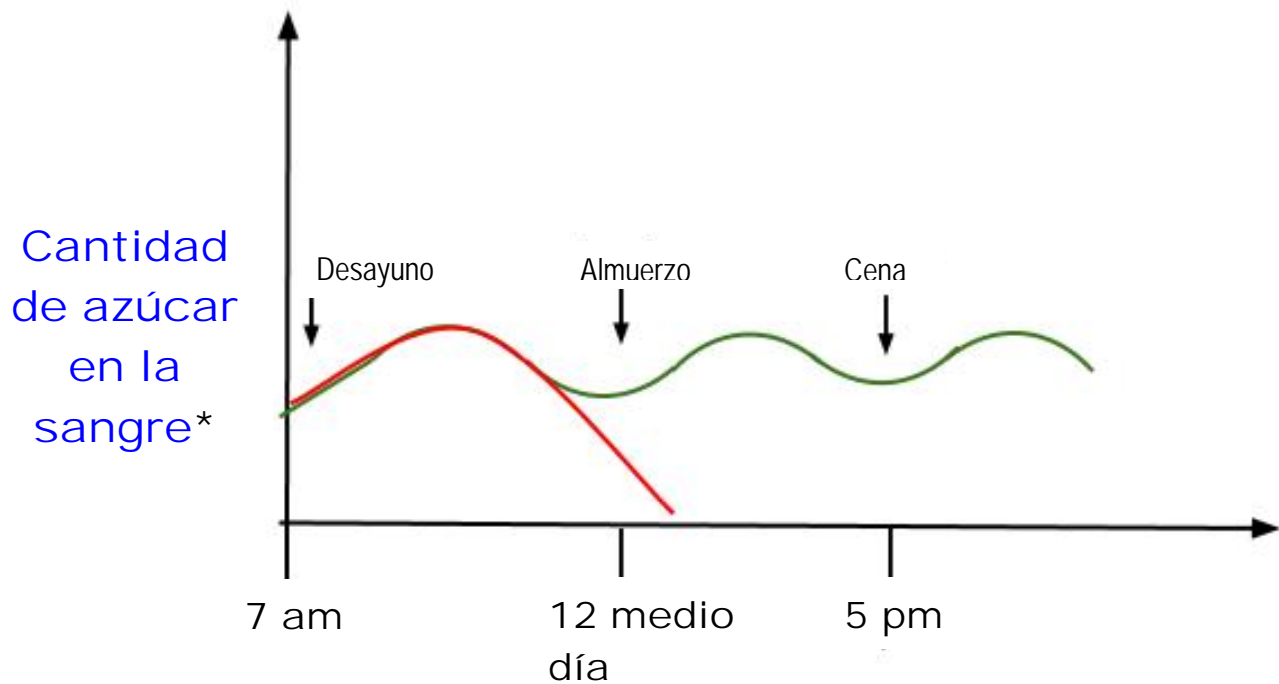




**Eat Well.
Move More.
Feel Great!**

GRAFICO 2: Esperando mucho tiempo entre las comidas



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

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



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