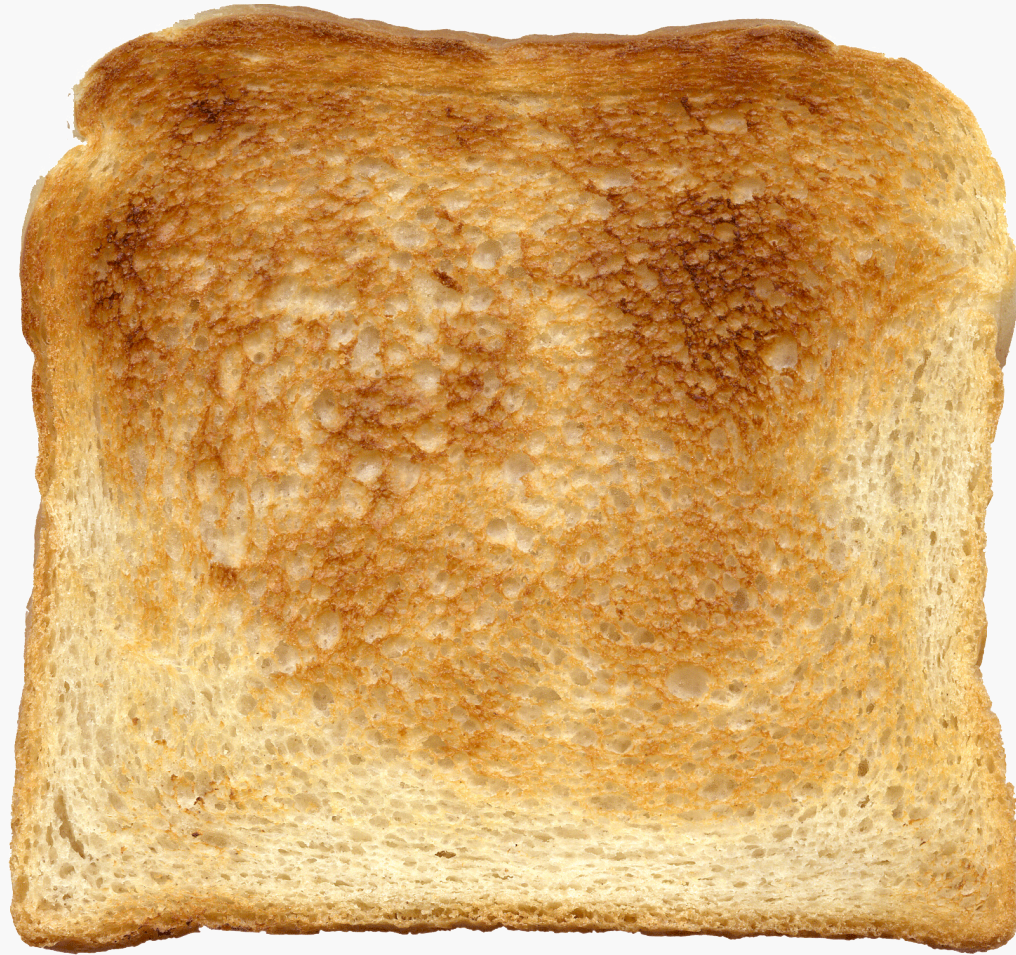


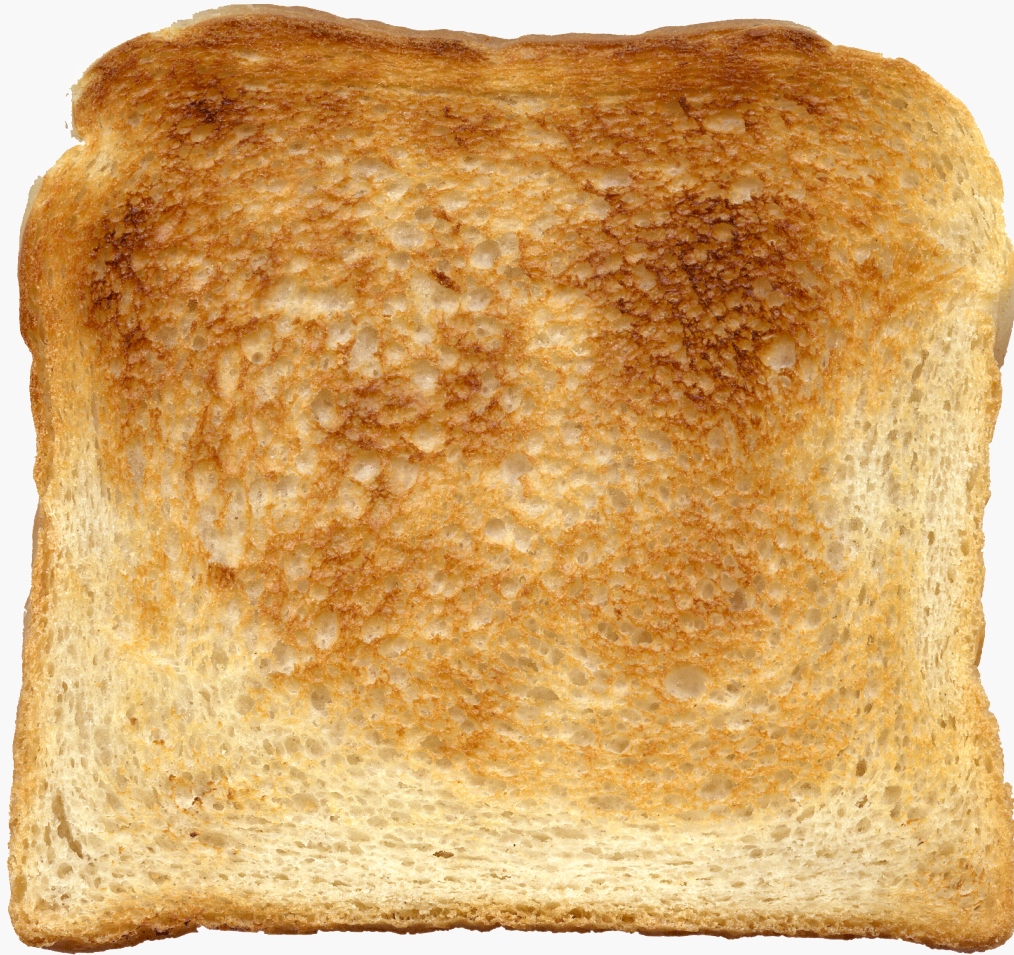
Toast Math

A Lifelong Transformation



1
toast

0

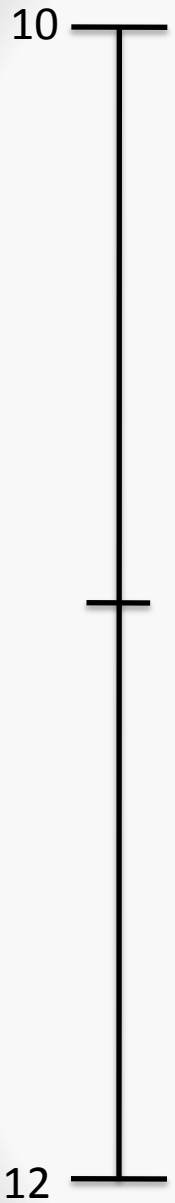
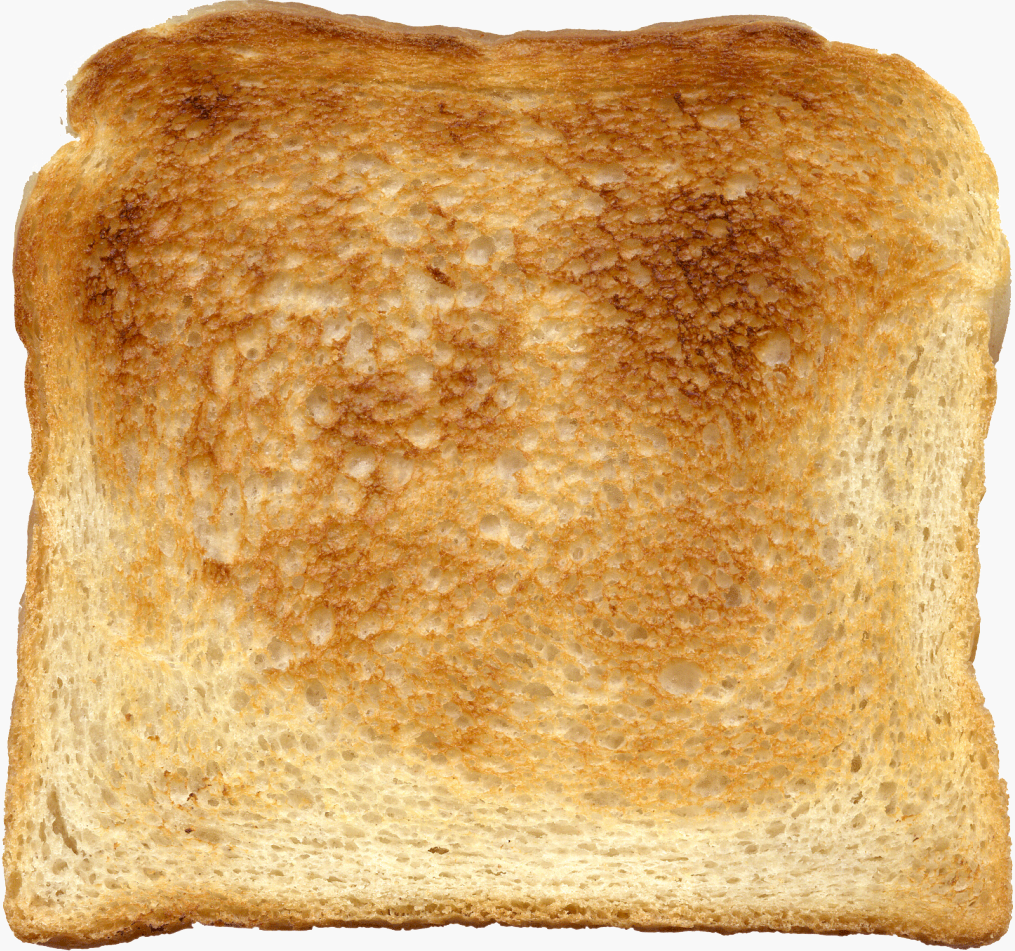


10

1
toast

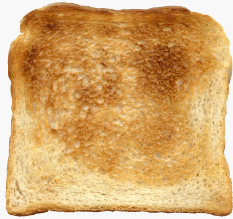
1

type diabetes



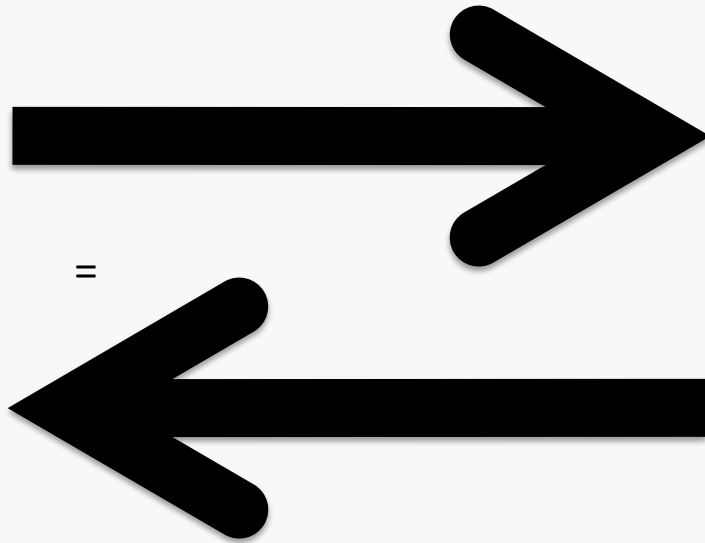
1
toast

10



1
toast

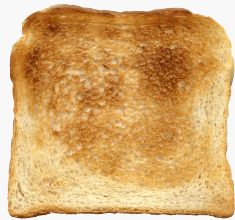
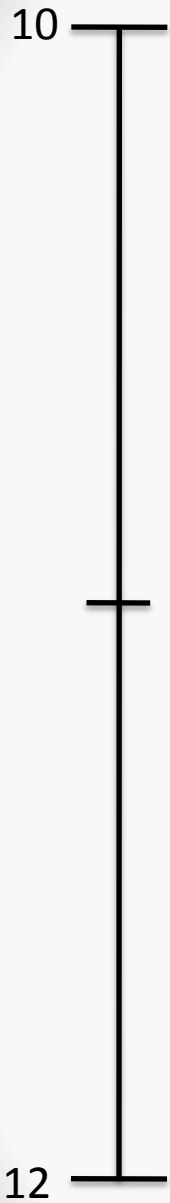
=



1

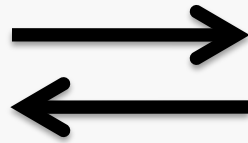
carb exchange

12



1
toast

=



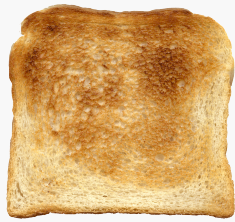
1
carb exchange

=



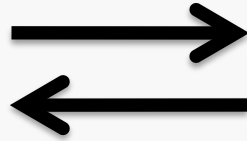
1
unit insulin

10



1
toast

=

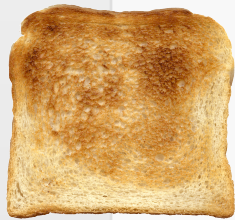


1
carb exchange



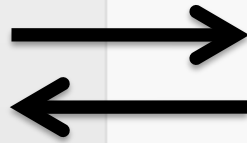
75
mg/dL
blood glucose

10



1
toast

=



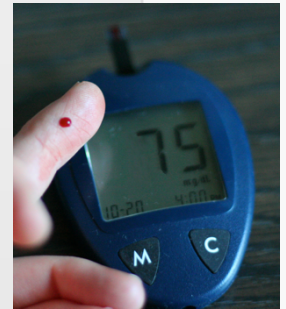
1
carb exchange

=



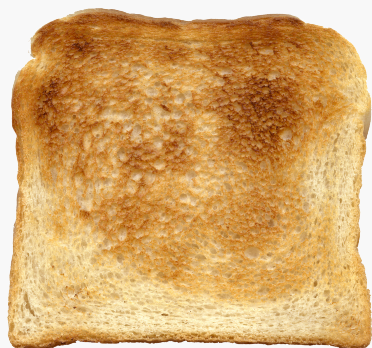
1
unit insulin

=

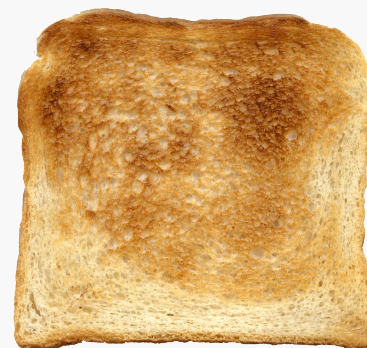


75
mg/dL blood glucose

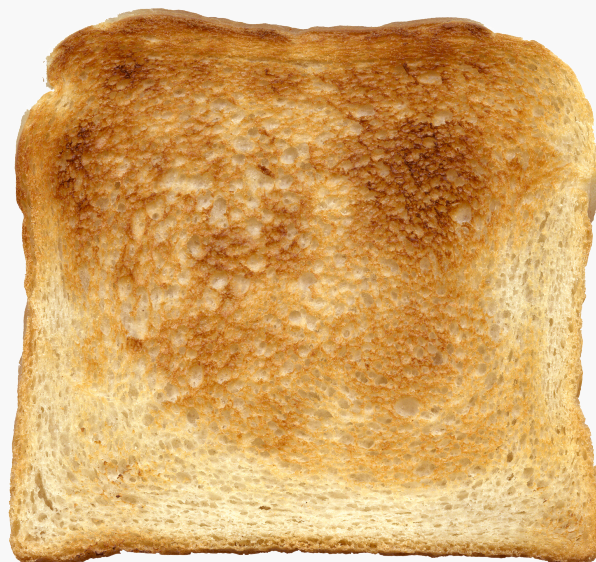
12



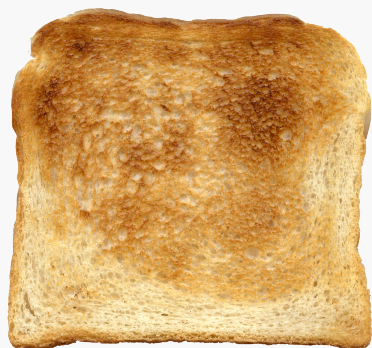
1
toast



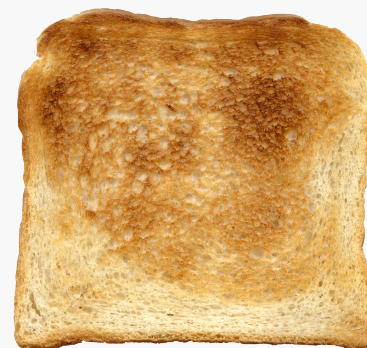
1
toast



1
toast



1
toast



1
toast



1
toast?



1
toast?

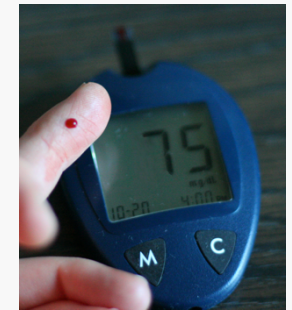
10



¹
toast

¹
carb exchange

¹
units insulin



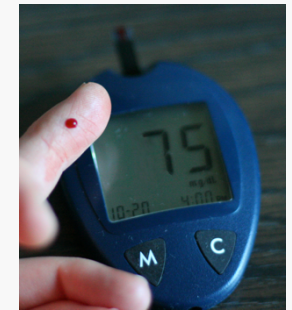
75
mg/dL blood glucose

12

10



1 toast = 1 carb exchange = 1 unit insulin
7 days a week¹



75
 mg/dL blood glucose

12

10

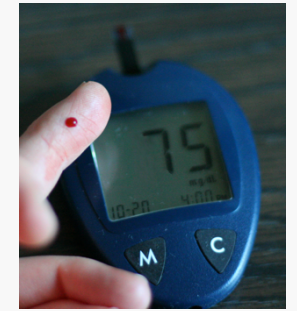


1
toast

1
carb exchange

1
unit insulin

days a year



75
mg/dL blood glucose

12

1

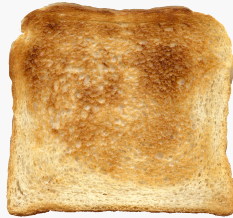
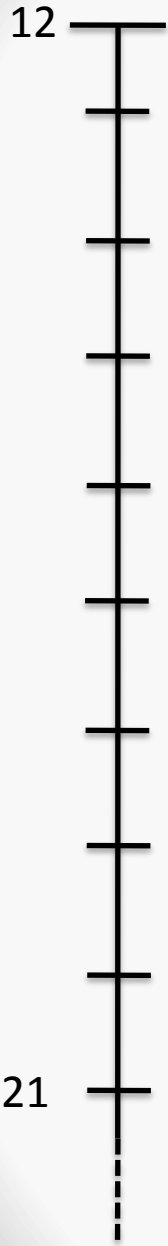
insulin pump

6

needles a day

1

needle every 3 days



1
toast

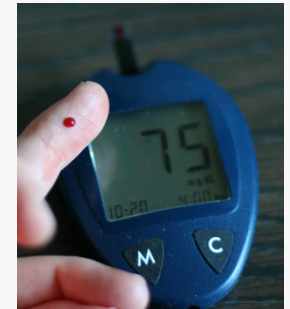
| 100% Whole Wheat Bread | | | |
|--|-----------|-------------------|--------|
| Nutrition Facts | | | |
| Serving Size 1 slice(28g) | | | |
| Servings Per Container 20 | | | |
| Amount Per Serving | | | |
| Calories | 70 | Calories from Fat | 10 |
| % Daily Value* | | | |
| Total Fat | 1g | | 1% |
| Saturated Fat | 0g | | 0% |
| Trans Fat | 0g | | 0% |
| Cholesterol | 0mg | | 0% |
| Sodium | 135mg | | 4% |
| Total Carbohydrate | 13g | | 2% |
| Dietary Fiber | 2g | | 7% |
| Sugars | 2g | | |
| Protein | 3g | | |
| Vitamin A | 0% | Calcium | 6% |
| Vitamin C | 0% | Iron | 4% |
| Niacin | 20% | Vitamin E | 10% |
| Thiamin | 6% | Riboflavin | 2% |
| Folic Acid | 4% | | |
| *Percent Daily Values are based on a 2,000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs. | | | |
| | Calories | 2000 | 2500 |
| Total Fat | Less than | 65g | 80g |
| Sat Fat | Less than | 20g | 25g |
| Cholesterol | Less than | 300mg | 300mg |
| Sodium | Less than | 2,400m | 2400mg |
| Total Carbohydrate | | 300g | 375g |
| Dietary Fiber | | 25g | 30g |

13
grams carbohydrate

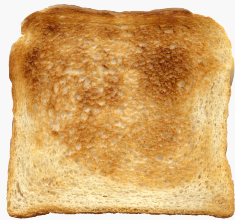
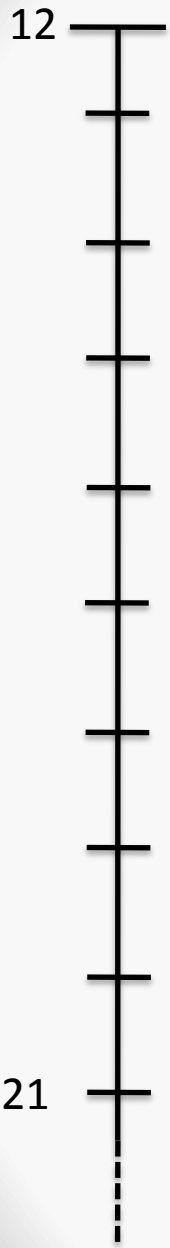


1
unit insulin

=



75
mg/dL blood glucose



1
toast

=

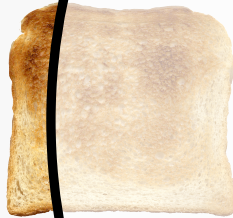


13
grams carbohydrate

75
mg/dL blood glucose

.85
unit insulin

12



1
toast

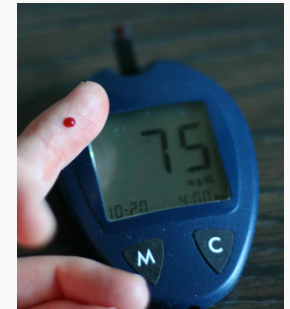
24
hours a day

| 100% Daily Values* | |
|--------------------|-------|
| Total Fat | 0g |
| Sodium | 135mg |
| Total Carbohydrate | 13g |
| Dietary Fiber | 2g |
| Sugars | 2g |
| Folic Acid | 4% |

*Percent Daily Values are based on a diet of other people's secrets. Your Daily Values may be higher or lower depending on your calorie needs.

| | Calories | 2000 | 2500 |
|--------------------|-----------|--------|---------|
| Total Fat | Less than | 65g | 80g |
| Salt Fat | Less than | 20g | 25g |
| Cholesterol | Less than | 300mg | 300mg |
| Sodium | Less than | 2,400m | 2,400mg |
| Total Carbohydrate | 30g | 375g | |
| Dietary Fiber | 25g | 30g | |

13
grams carbohydrate
.85
units insulin



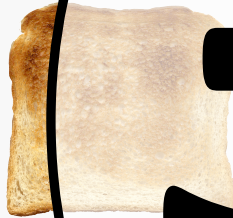
75
mg/dL blood glucose

21

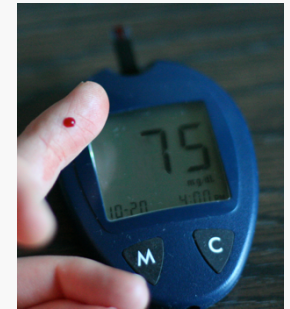
12



365



| 100% Whole Wheat Bread | |
|---|-------------------------|
| Nutrition Facts | |
| Serving Size 1 slice (28g) | |
| Amount Per Serving | |
| Calories 70 | % Daily Value* |
| Total Fat 1g | 2% |
| Saturated Fat 0g | 0% |
| Trans Fat 0g | 0% |
| Cholesterol 0mg | 0% |
| Sodium 13mg | 3% |
| Total Carbohydrate 13g | 26% |
| Dietary Fiber 3g | 12% |
| Sugars 2g | 4% |
| Protein 3g | 6% |
| Vitamin A | 4% |
| Vitamin C | 10% |
| Folate | 2% |
| Vitamin B6 | 2% |
| Vitamin B12 | 4% |
| Percent Daily Values are based on a diet of other people's secrets. | |
| Your Daily Values may vary depending on your calorie needs. | |
| Calories | 2000 |
| Total Fat | Less than 65g 20g |
| Sat Fat | Less than 20g 25g |
| Cholesterol | Less than 300mg 300mg |
| Sodium | Less than 2,400m 2400mg |
| Total Carbohydrate | 300g 375g |
| Dietary Fiber | 25g 30g |



1
toast

13
grams carbohydrate

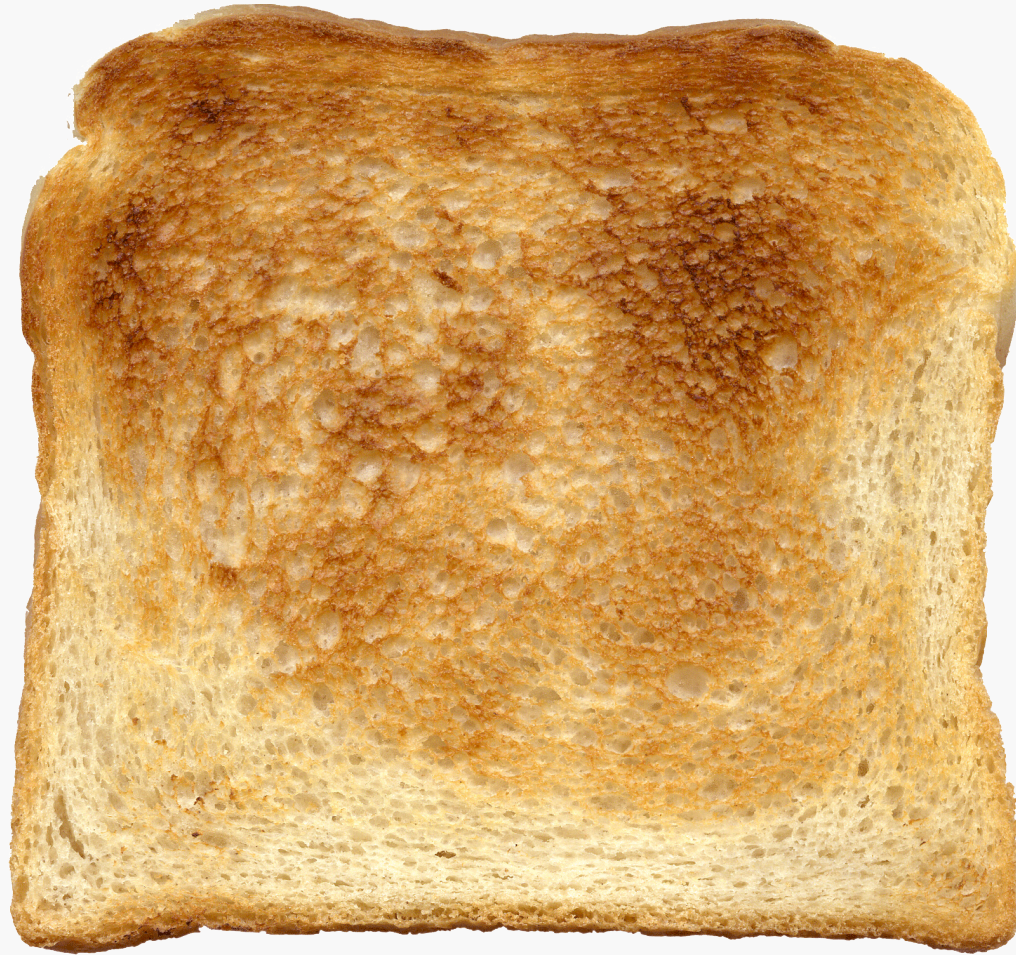
.85
unit insulin

75
mg/dL blood glucose

days a year

21





1
toast