Toast Math

A Lifelong Transformation
1 toast
1 type diabetes
1 toast
1 toast = 1 carb exchange
1 toast = 1 carb exchange = 1 unit insulin
1 toast = 1 carb exchange

75 mg/dL
blood glucose
1 toast = 1 carb exchange = 1 unit insulin = 75 mg/dL blood glucose
1 toast?
24 hours a day
7 days a week

1 toast = 1 carb exchange = 1 unit insulin

75 mg/dL blood glucose
365 days a year
1

insulin pump
6 needles a day
1

needle every 3 days
100% Whole Wheat Bread

Nutrition Facts

Serving Size: 1 slice (28g)
Serving Per Container: 20

Amount Per Serving

<table>
<thead>
<tr>
<th>Calories</th>
<th>Calories from Fat</th>
<th>% Daily Value*</th>
</tr>
</thead>
<tbody>
<tr>
<td>70</td>
<td>10</td>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Total Fat</th>
<th>Saturated Fat</th>
<th>Trans Fat</th>
<th>Cholesterol</th>
<th>Sodium</th>
<th>Total Carbohydrate</th>
<th>Dietary Fiber</th>
<th>Sugars</th>
<th>Protein</th>
</tr>
</thead>
<tbody>
<tr>
<td>1g</td>
<td>0g</td>
<td>0g</td>
<td>0mg</td>
<td>135mg</td>
<td>13g</td>
<td>2g</td>
<td>2g</td>
<td>3g</td>
</tr>
</tbody>
</table>

Vitamin A | Calcium
----------|-----------
0%        | 6%        |

Vitamin C | Iron
----------|---------
0%        | 4%      |

Niacin    | Vitamin E
----------|---------
20%       | 10%     |

Thiamin   | Riboflavin
----------|---------
6%        | 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.

1 toast = 13 grams carbohydrate

1 unit insulin = 75 mg/dL blood glucose
13 grams carbohydrate = 0.85 unit insulin

75 mg/dL blood glucose
1 toast = 13 grams carbohydrate = 75 mg/dL blood glucose

85 units of insulin

12 hours a day
13 grams carbohydrate = 85 units insulin = 7 days a week = 75 mg/dL blood glucose
1 toast = 13 grams carbohydrate = 0.85 unit insulin = 75 mg/dL blood glucose

365 days a year
1 toast