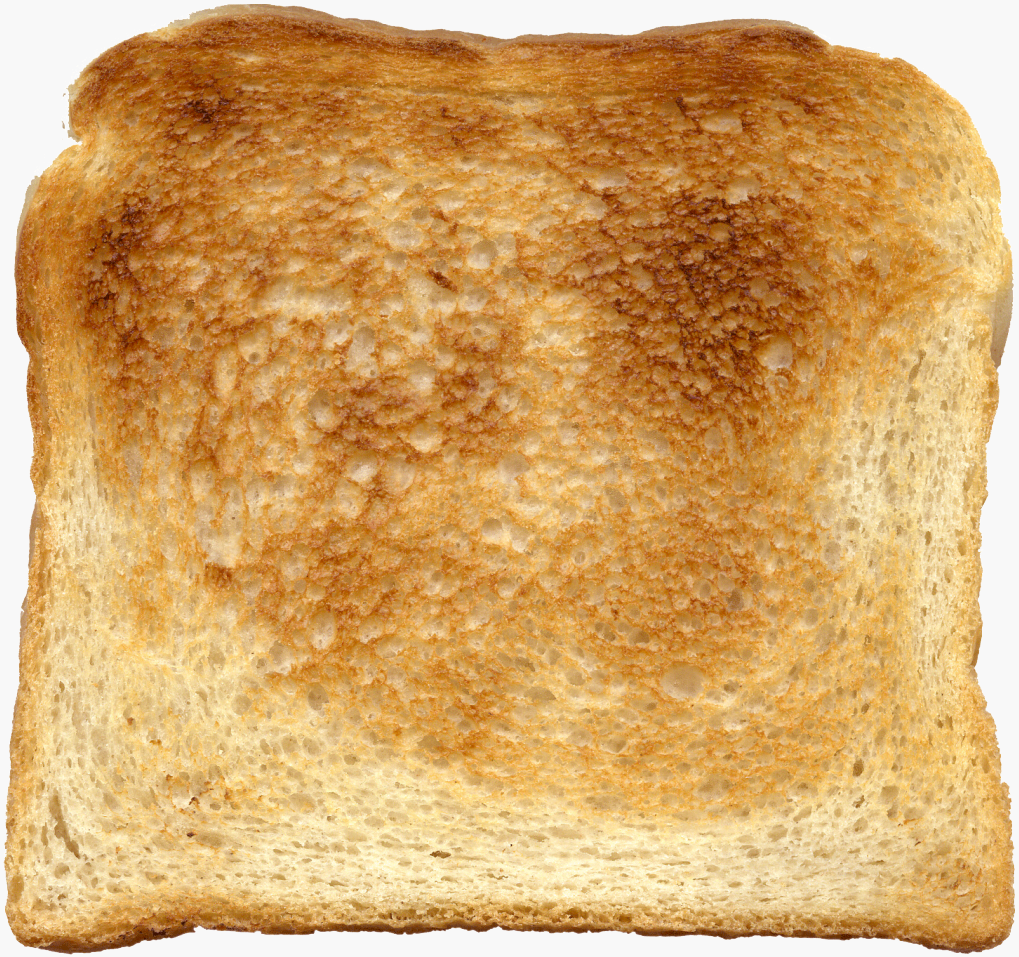
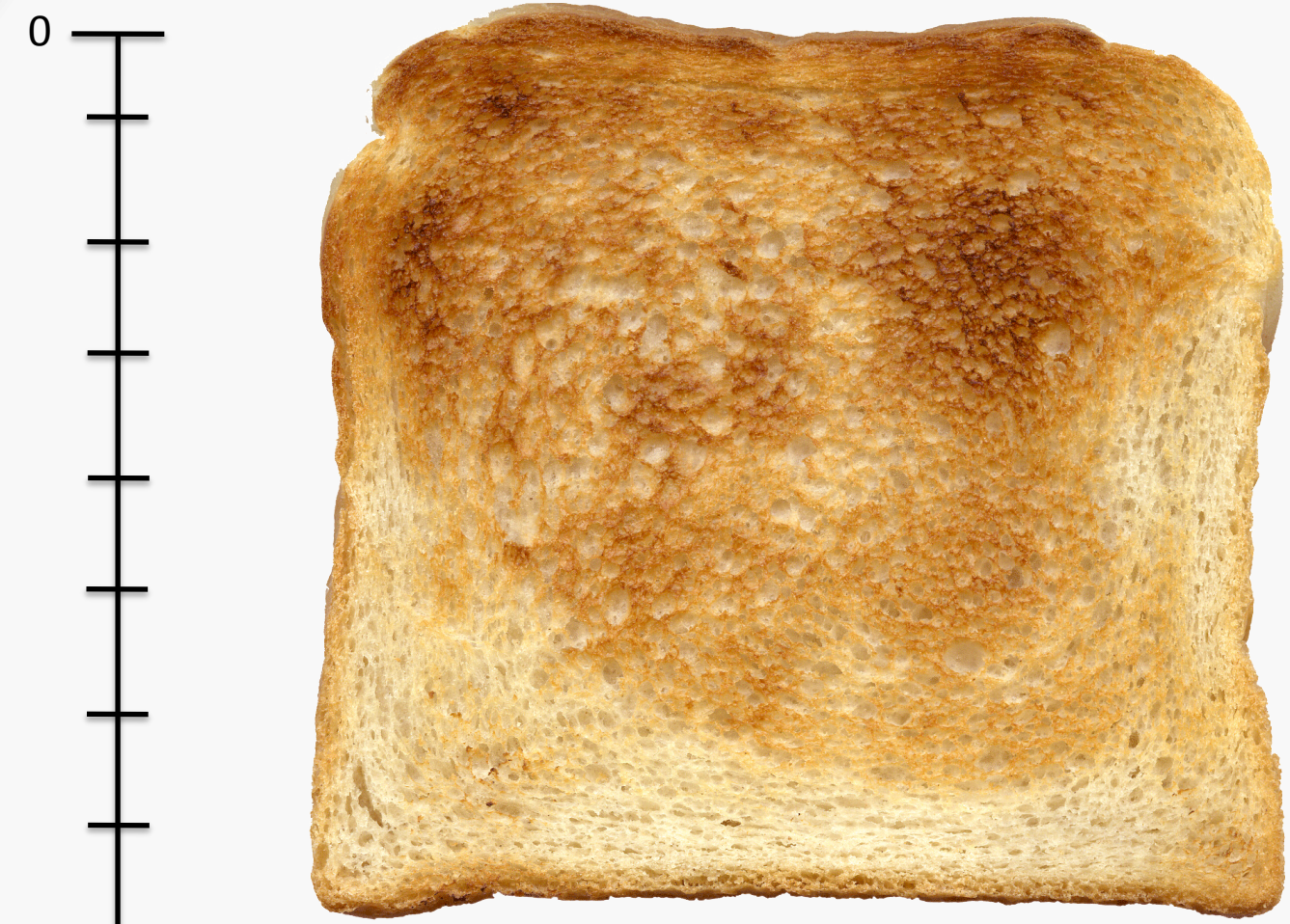
Toast Math

A Lifelong Transformation



1

toast



1

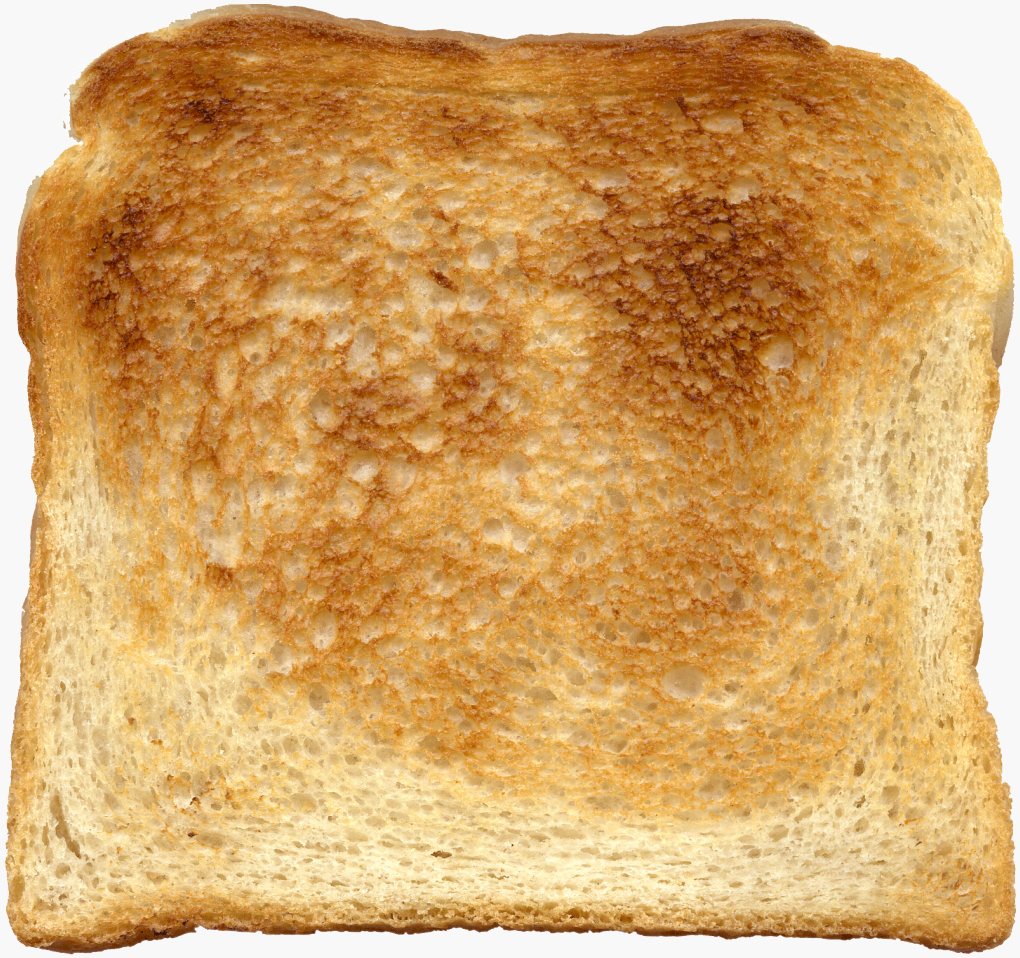
toast

1

type diabetes

10

12

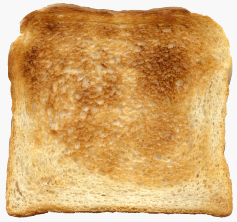


1

toast

10

12



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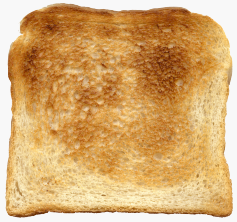
1
toast

1
carb exchange

10

12



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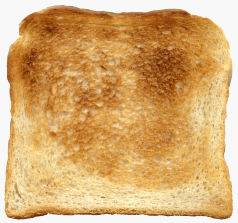
1
toast

1
carb exchange

1
unit insulin

10

12



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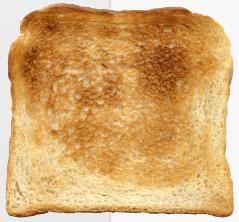
1
toast

1
carb exchange

75
mg/dL
blood glucose

10

12



1
toast

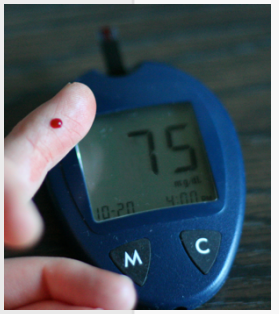
=

1
carb exchange

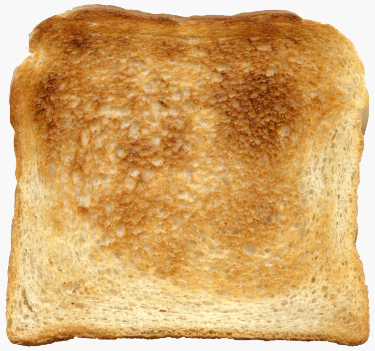
=

1
unit insulin

=



75
mg/dL blood glucose



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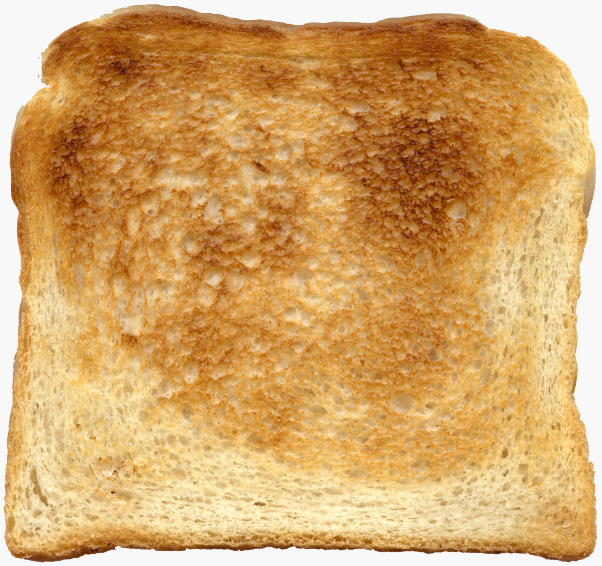
toast



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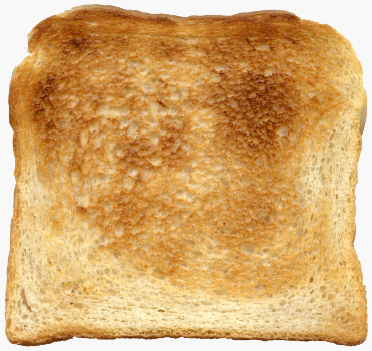
toast



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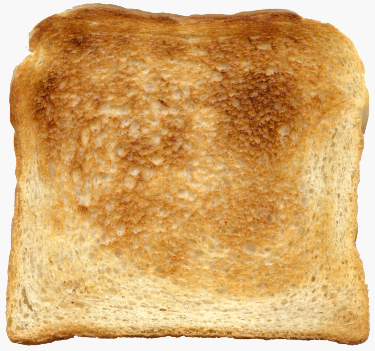
toast



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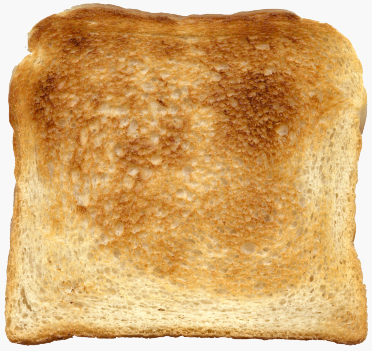
toast



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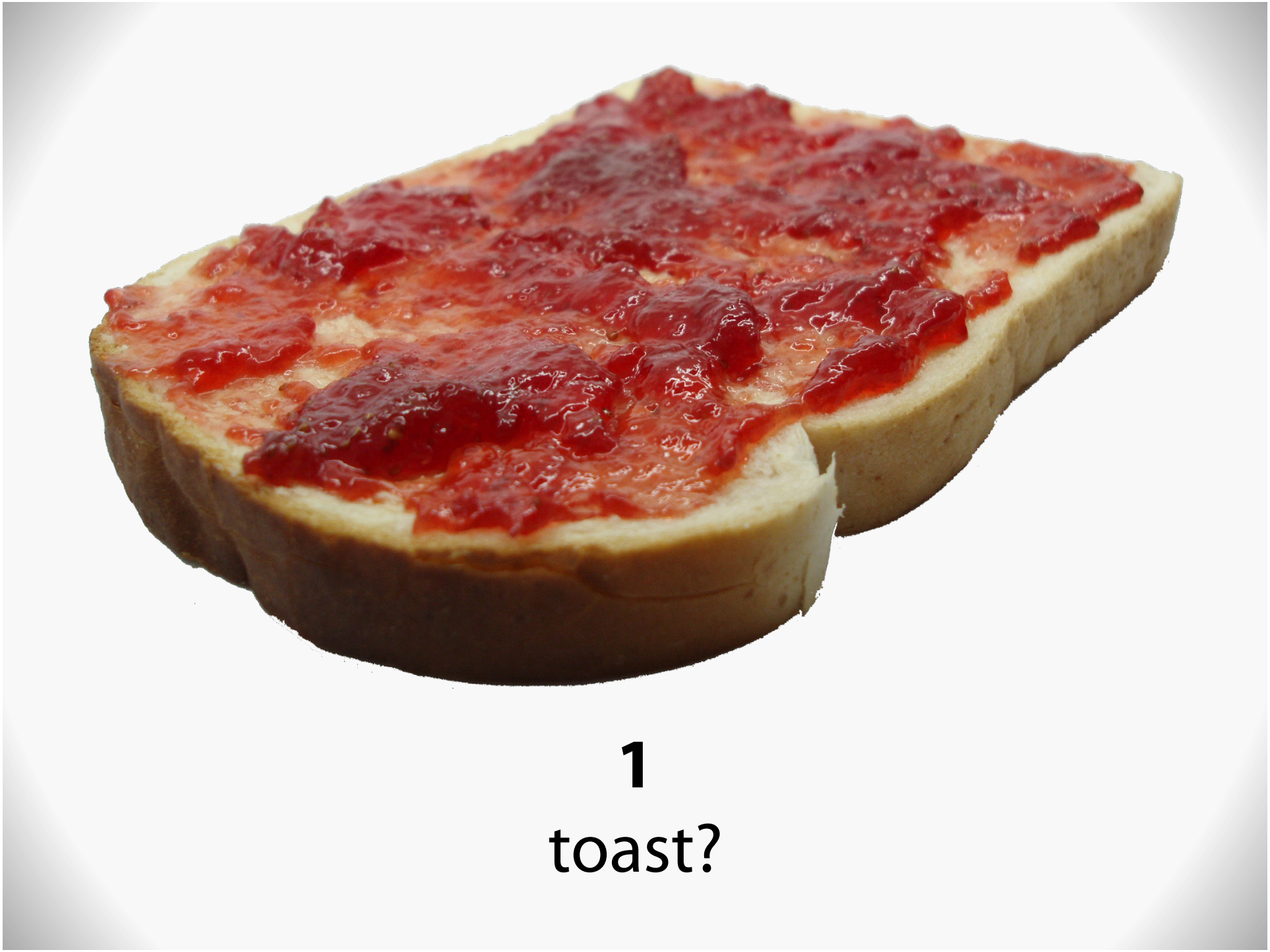
toast



1

toast?

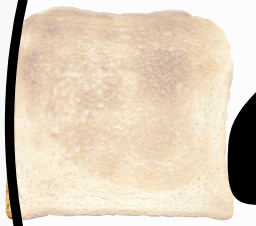
1

toast?

10

12

24



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=

hours a day

1 toas

1 carb exchange

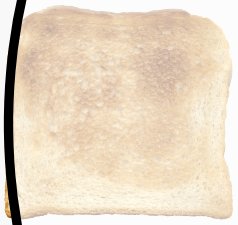
1 unit insulin

75
mg/dL blood glucose

10

12

7



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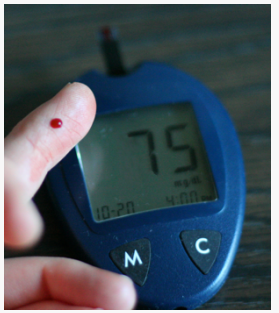


1 toas

1 arb exchang

1 u insulin

days a week

75
mg/dL blood glucose

10

12

365

days a year

1
toas

=

1
carb exchange

=

1
unit insulin

=

75
mg/dL blood glucose

1

insulin pump

6

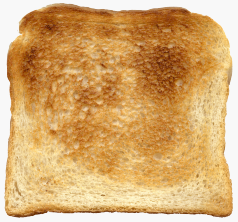
needles a day

1

needle every 3 days

12

21



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%		

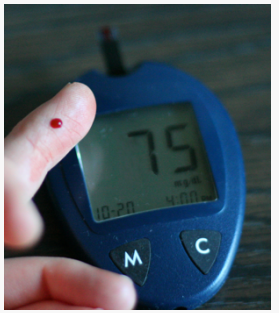
*Percent Daily Values are based on a 2,000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs.

	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

=

1
unit insulin

=



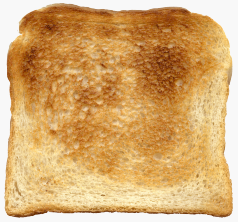
75
mg/dL blood glucose

13

grams carbohydrate

12

21



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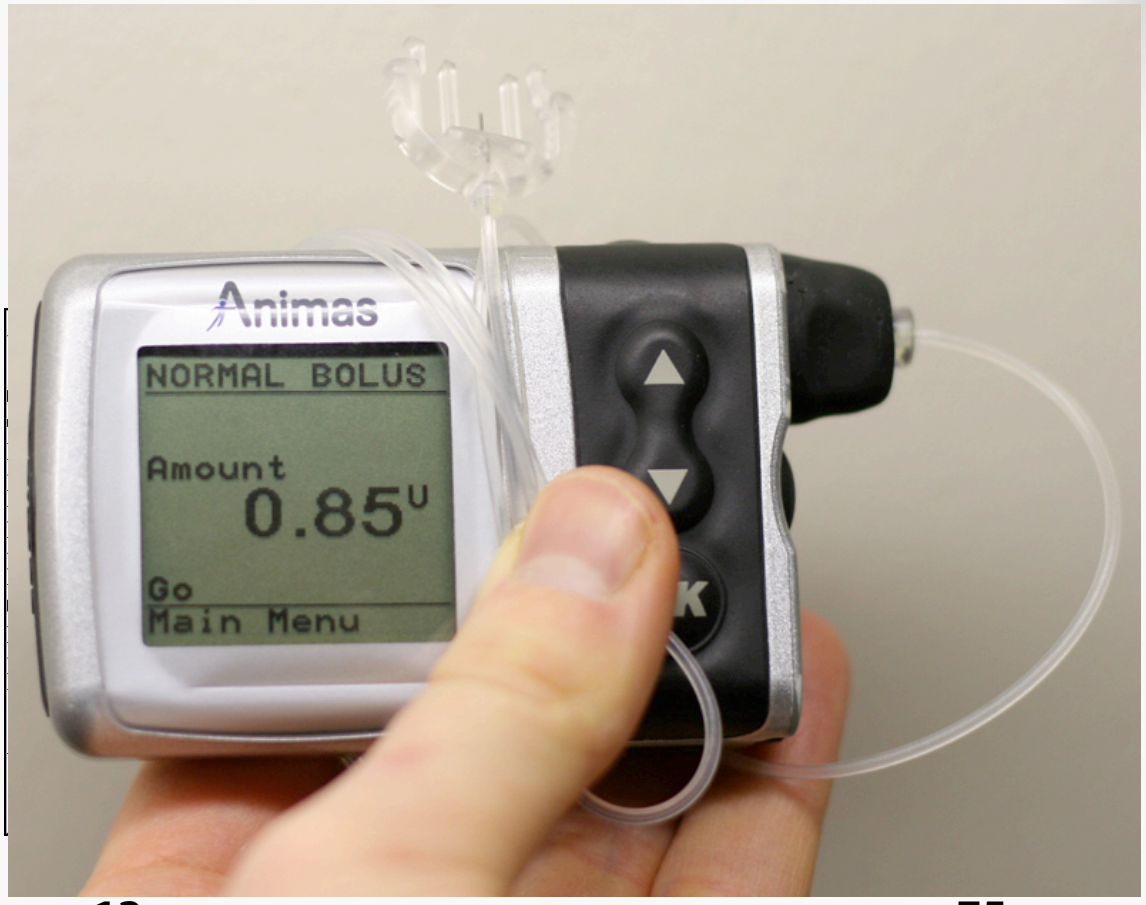


1
toast

13
grams carbohydrate

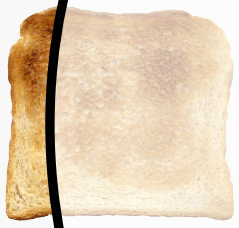
75
mg/dL blood glucose

.85
unit insulin

12

21

24



1
toast

13
grams carbohydrate

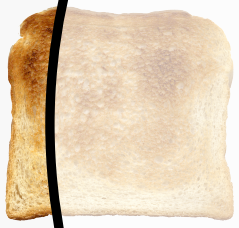
.85
units insulin

75
mg/dL blood glucose

hours a day

12

21



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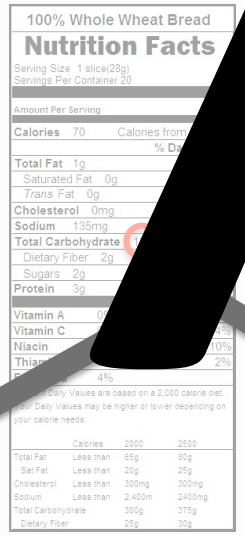

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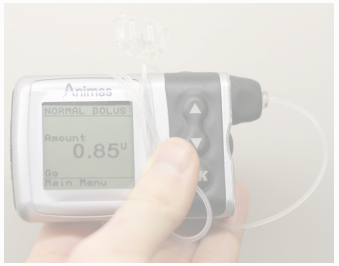

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7

days a week

1
toast

13
grams carbohydrate

.85
units insulin

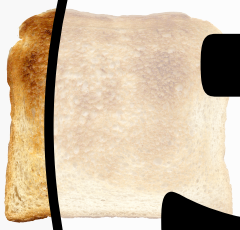
75
mg/dL blood glucose

12

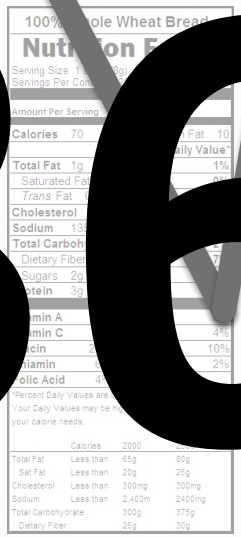
21

365

days a year



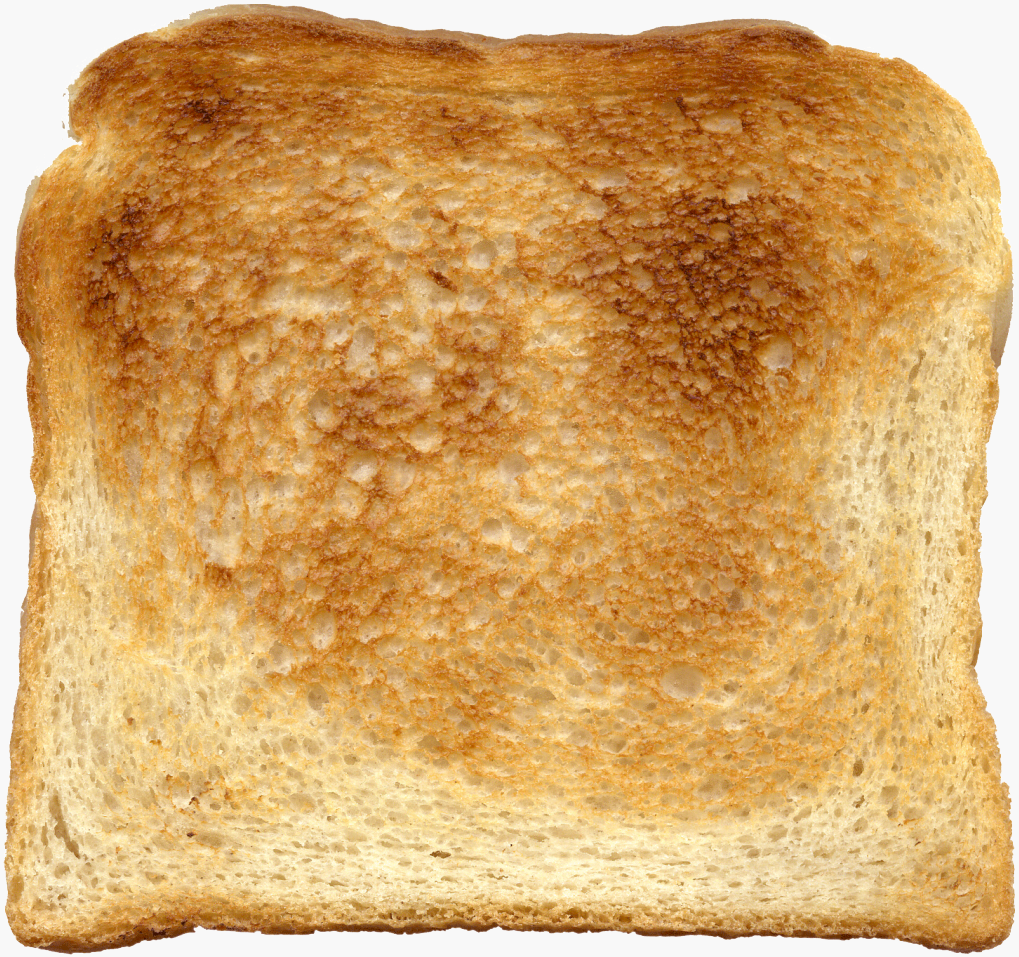
1
toast



13
grams carbohydrate

.85
units insulin

75
mg/dL blood glucose



1

toast