

Introduction

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Understanding diabetes and diet

The following text is a placeholder for the content under the heading "Understanding diabetes and diet", which is currently obscured by a large black redaction box.

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- 7. **Balanced meals:** A
- 8. **Regular meal times:** A
- 9. **Monitor blood sugar levels:** A
- 10. **Stay hydrated:** A
- 11. **Consult a dietitian:** A

Conclusion

- A
- B