

What's That Mean? – Free Food (for Diabetes)

You just need to count the carbs and take insulin for the carbs you eat.

You can choose a snack that doesn't raise your blood sugar, such as a "free" food.

"Free food" is any food that has less than 5 grams of carbs per serving.

String cheese, a hardboiled egg, or beef jerky are good examples of "free food."