



**IT'S A  
MATTER  
OF TIME**

**BEFORE IT  
TURNS INTO  
SUGAR**



**LEARN MORE AT**  
[dorconsultoria.com.br/campanhas](https://dorconsultoria.com.br/campanhas)

**JUNE 26TH**  
National Diabetes Day

It is not only sweets that can cause or worsen Diabetes Mellitus. Pasta, rice, potatoes, fats, alcoholic beverages, and ultra-processed foods also impact blood glucose levels.

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