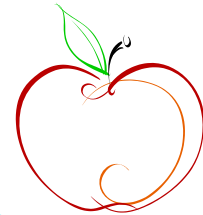


Make Healthy Eating Choices and Help Prevent Type 2 Diabetes!



Eat lots of vegetables and fruits with a variety of different colors! Non-starchy vegetables (especially carrots, broccoli or green beans) are especially good choices!

Include fish in your meals 2-3 times a week!
(Try the sushi!)



Choose non-fat dairy such as skim milk, non-fat yogurt and non-fat cheese

