

DIABETES:

LET'S NOT

SUGAR COAT IT

YOUR RISK IS REAL

EVERY 3 MINUTES SOMEONE IS DIAGNOSED WITH DIABETES. ARE YOU AT RISK?

CUT THE SODA AND JUICE.

CHECK YOUR LABELS FOR THE AMOUNT OF ADDED SUGAR.

ELIMINATE "WHITE" IN YOUR DIET LIKE WHITE FLOUR AND WHITE SUGAR.

KEEP STRESS IN CHECK TO REDUCE YOUR SUGAR CRAVINGS.