

DIABETES:
TOMORROW'S
PREVENTION
TODAY
START SMALL. START NOW.

IT ALL COUNTS - LIMIT ADDED SUGAR IN YOUR DIET.

FORM HEALTHY HABITS BY STARTING SMALL.

CHOOSE PROTEIN, FIBRE AND FAT TO CURB CRAVINGS.

KNOW THE EARLY SIGNS.

GET MOVING BY DOING MORE OF WHAT MAKES YOU HAPPY.

