

Blurbs Chronic Disease E Campaign:

Week 1

Diabetes prevention starts with balance; in diet and lifestyle. Be your best advocate. Eat the right foods and find a physical activity that you enjoy. Entice those healthy taste buds with a recipe for Greek Lentil Salad and experience a brownie made with beans? Start small, start now.

Week 2

Insulin is a very important hormone in the body that is associated with weight gain and high blood pressure/cholesterol. Prediabetes usually occurs in people who have insulin resistance. Measure and monitor your P-I-L-A-F? We give you a recipe to cook one too!

Week 3

27% of Canadian children are obese. The state of the health of our children requires us to take a close look at how sugar is influencing our kids, and how society can make positive changes with a big impact.

Week 4

Our bodies and brains are designed to seek pleasure. Regular consumption of sugar can create addiction, keeping us in pleasure mode at the cost of our physical, emotional, and mental health. But that doesn't mean you have to give up every indulgence. Healthy alternatives can satisfy and curb cravings like our Chickpea Blondie. Are you living in Sugarland? It's time to escape!