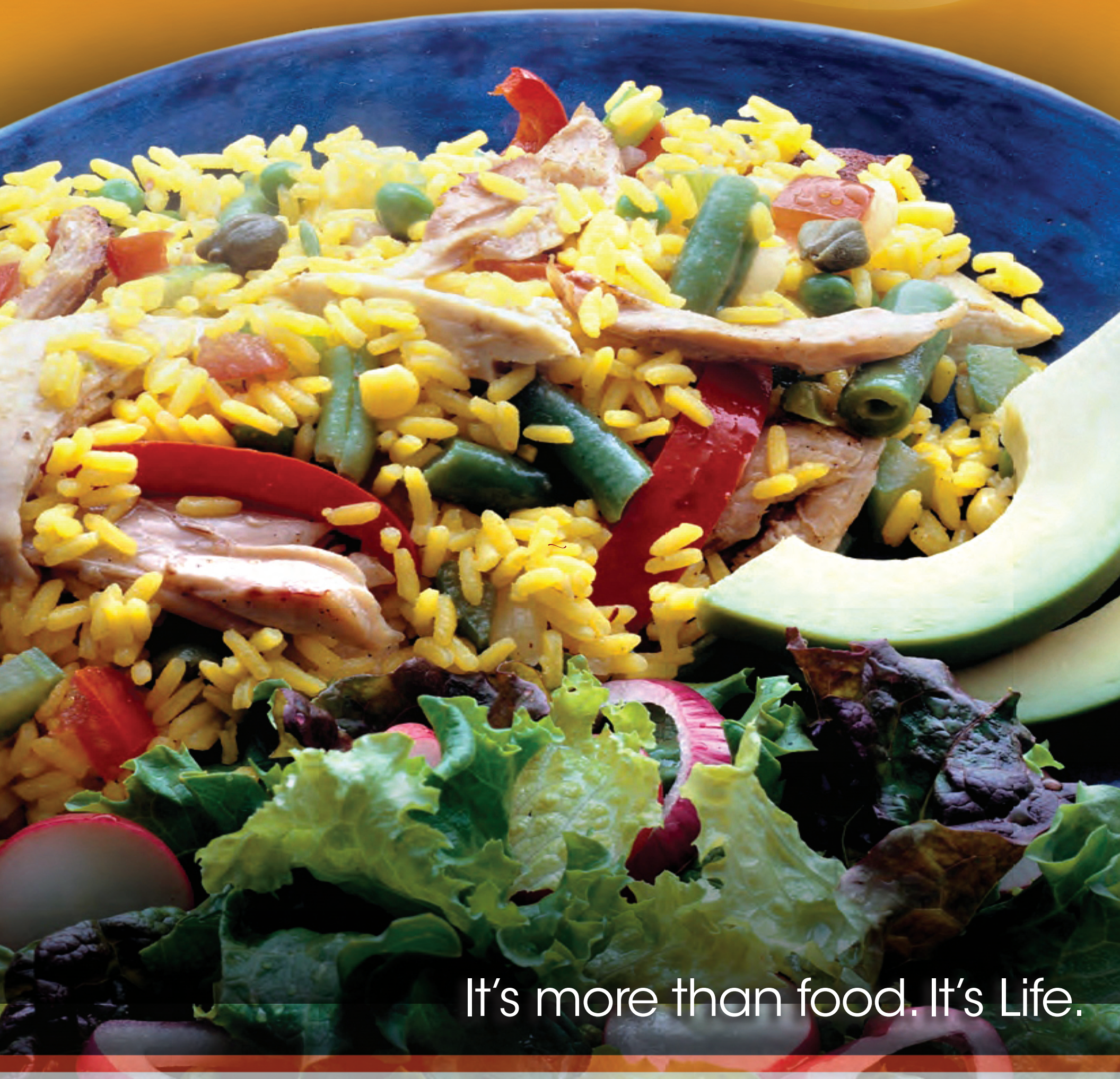


# Control Your Diabetes.



It's more than food. It's Life.

**Among the many ways to manage your diabetes, some of them might be waiting for you, right in your own kitchen!**

That's right. Food is the fuel that keeps everything working. The physical activity you do, the medications you take, and your blood glucose levels are all affected by how much and what you eat. You don't have to give up your favorite foods, just take small steps to eat better. Learn how much to eat, how often, and how to prepare the foods you love in a healthy way. To order your free *Tasty Recipes for People with Diabetes and Their Families* booklet, visit **[www.ndep.nih.gov](http://www.ndep.nih.gov)** or call 1-888-693-NDEP. The call is toll-free and confidential.

**Control your diabetes. With food. For Life.**

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