

AMERICAN DIABETES MONTH® 2015

Eat Well, Americasm and Stop Diabetes®!

It's time to Eat Well, Americasm! Join the American Diabetes Association® during American Diabetes Month® this November to learn how easy and joyful healthy eating can be.

Whether you're managing diabetes or looking to adopt a healthier lifestyle, we'll help you put good food and good health on the table.

See how to:

- » Plan, shop for, prepare and enjoy nutritious and delicious meals for breakfast, lunch and dinner.
- » Stay on track with chef's secrets for preparing special-occasion recipes that will wow you with flavor.
- » On Nov.17, "Lunch Right with Every Bite" for National Healthy Lunch Day, whether you bring your lunch from home or buy it on the go.
- » **Visit us at diabetesforecast.org/adm or call 1-800-DIABETES to see how to Eat Well, America!**

