

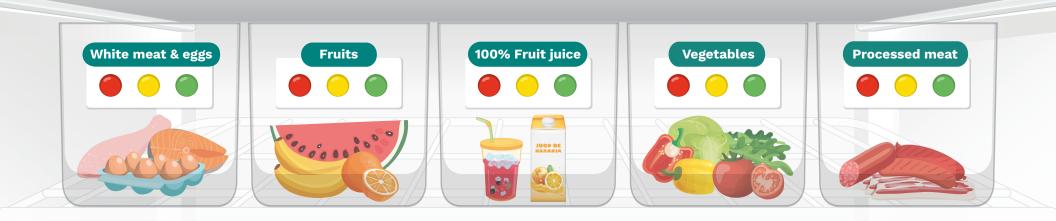
## The traffic light method

## HOW TO PREVENT TYPE 2 DIABETES

This simple method can help you identify which foods you should include in your diet and which foods you should avoid to maximize your diabetes health.



## **CLICK ON EACH FOOD AND CHOOSE THE CORRECT LABEL**





Answers GREEN: White meat and eggs, Fruits, Vegetables, Whole grains. YELLOW: 100% Fruit juice, Refined grains, Canned foods. RED: Processed meat, Burger, Sugar sweetened beverages. Vector graphics from Freepik. Icons by FlatIcon. www.cdc.gov/diabetes/php/toolkits/road-to-health.html



Centers for Disease Control and Prevention National Center for Chronic Disease Prevention and Health Promotion