

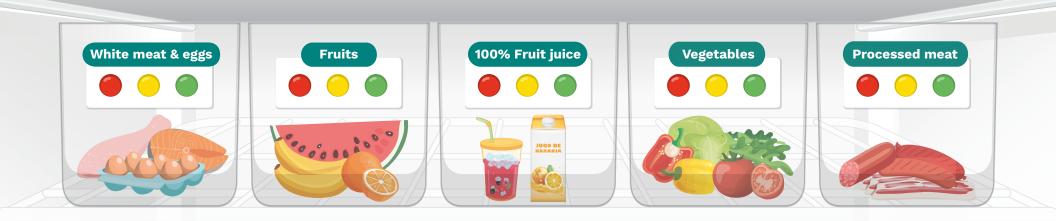
The traffic light method

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