

Buena Salud® Club

1-866-783-2645

Concerned About Diabetes?



Tip of the Month:

Lifestyle changes are easier when your family and friends are involved.

THINK BEFORE YOU EAT.

Read food labels carefully to select products with low amounts of sugar and saturated fat. Avoid processed foods. Eat more vegetables, fish, and lean meat.

INCREASE PHYSICAL ACTIVITY.

Add 30 minutes of movement to your day, 5 times a week.

DRINK WATER.

Avoid drinks with added sugar. If you choose to drink alcohol, no more than 1 drink per day for women, and 2 drinks per day for men.



health4americas



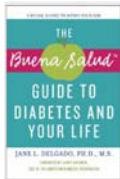
healthyamericas

Simple ideas to increase physical activity:

- Walk in place or around the house while on the phone or watching TV.
- Get off the bus a few stops early and walk the rest of the way to your destination.
- Enjoy a brisk walk with friends and family around a park, a school track, or in a mall.
- Dance to your favorite music.
- Losing 5-7% of your total body weight makes a big difference.

National Alliance for Hispanic Health
1501 16th St. NW
Washington, DC 20036-1401

Learn more:



To find a healthcare provider near you offering free or low-cost diabetes screenings, and to receive a **FREE** Buena Salud Guide to Diabetes book, call the *Su Familia* Helpline toll-free at **1-866-783-2645**.