



**NDEP General Audience Campaign
Healthy Summer Celebrations Live Read Radio Script**

Healthy Summer Celebrations (:60)

It's summertime—time for family barbecues, picnics, and holiday gatherings -- and this important message from the **[organization]**. Make your summer celebrations a happy and healthy time for family members who have diabetes.

There's nothing harder for a person with diabetes than making healthy food choices at a big family feast. Let your family members with diabetes know you're on their side. Serve a variety of lowfat, high fiber foods. That means a variety of fresh fruits and vegetables...grilled lean meats, fish, and chicken without the skin. Cut the fat by cutting down on mayo, oil, and butter. Increase the fiber with whole grain breads, peas, and beans.

Make your summer celebrations a time to remember. Make it a time to help your loved ones control their diabetes for life. Call **[organization]** at **[phone number]** to learn more.

Healthy Summer Celebrations--(:30)

There's nothing harder for a person with diabetes than making healthy food choices at a big family celebration. Let your family members with diabetes know you're on their side. Serve a variety of low fat, high fiber foods. That means a variety of fruits and vegetables... lean meats, fish and chicken...whole grain breads, peas, and beans. Help your family members control their diabetes for life. Call **[organization]** at **[phone number]** to learn more.

