



# Preface



The *Balancing Your Food Choices: Nutrition and Diabetes* Supplemental Teaching Sessions were developed through the efforts of many people.

We are grateful to the American Diabetes Association for permission to use *Life with Diabetes: A Series of Teaching Outlines* as a template for the development of the *Balancing Your Life and Diabetes* curriculum.

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You may use any of the materials in these Supplemental Teaching Sessions and make changes to adapt them to your specific needs. We request that any adapted materials be credited with the following statement:

These materials were adapted from *Balancing Your Life and Diabetes Supplemental Teaching Sessions—Balancing Your Food Choices: Nutrition and Diabetes*, Indian Health Service, 2006.

We hope you find these Supplemental Teaching Sessions useful for diabetes self-management education in your community. Please forward any comments or suggestions to:

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