



About the Photos



The photos in this curriculum are of Native people who have diabetes, or are at risk for diabetes, and are learning about healthy eating. Most people find that changing eating habits can be done by taking small steps.

The people in the photographs took steps to learn about food. They learned about the fats and sugars in food and how much to eat. They learned about how different foods affect their blood sugar. These were the first steps. Then, they started slowly changing habits. Many changed habits and started losing weight. Many helped change the eating habits of their partners, children and other family members.

These photos show that improving eating habits is possible! Thank you to the people who came forward to share their photos and their stories. It is their hope that others learn they too can improve eating habits, stay healthy and feel great!

Front Cover: The Roger and Diane Smith family (Seminole)

Page 1, Session #1: Richelle Garcia (Kiowa)

Page 19, Session #2: Eyan Francis and his mother Carol Francis (Passamaquoddy)

Page 31, Session #3: Arlene Anthony (Navajo)

Page 45, Session #4: Gayle Eaglewoman (Crow Creek Sioux)

Page 57, Session #5: Mary Susan Donaldson (Isleta) and Elvira Martin (Acoma)

Page 73, Session #6: Michael Durand (Sandia)

Page 87, Session #7: Cecilia Kayano and Bo Kayano (photo illustration)

Page 97, Session #8: Participants of the Eastern Band of Cherokee Indians weight loss program



