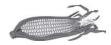


Listing of Visuals Provided

<u>Sessic</u>	<u>m 1:</u>	Introduction to Food Labels
_ 	#2 #3 #4	Food Label Reading Food Labels Food Claims for Marketing Label Reading Worksheet Changes I Can Make
<u>Sessio</u>	on 2:	Introduction to Carbohydrate Counting
	#1	Carbohydrate Food Groups
	#2	Carbohydrate Serving Sizes
	#3	Free Foods
	#4	Carbohydrate in My Food (blank)
	#5	Carbohydrate in My Food (with data)
	#6	Changes I Can Make
Session 3: Introduction to Exchange Lists		
	#1	Exchange Lists
	#2	Starches Exchange List
	#3	Fruit Exchange List
	#4	Milk and Yogurt Exchange List
	#5	Sugary Foods Exchange List
	#6	Vegetables (Non-Starchy) Exchange List
	#7	Meat and Meat Substitutes Exchange List
	#8	Fats and Oils Exchange List
	#9	Free Foods Exchange List
	#10	Portion Sizes You Will Understand
	#11	Changes I Can Make



Session 4: Introduction to Food Shopping

- □ #1 Forget the Corn! Pass the Kohlrabi!
- □ #2 Steps for Healthy Food Shopping
- □ #3 Choosing Good Foods*
- □ #4 Shopping List
- ☐ #5 Money Saving Tips
- ☐ #6 You Can Manage Your Budget While You Manage Your Blood Sugar
- □ #7 Changes I Can Make

Session 5: Introduction to Healthy Cooking

- ☐ #1 Change How You Cook to Use Less Sugar
- ☐ #2 Build a Better Recipe to Lower Sugar
- □ #3 Sugar Substitutes
- ☐ #4 Change How You Cook to Use Less Fat
- □ #5 Build a Better Recipe to Lower Fat
- ☐ #6 Change How You Cook to Use Less Sodium
- ☐ #7 Build a Better Recipe to Lower Sodium
- □ #8 Four Steps to Food Safety
- □ #9 Sample Recipes
- ☐ #10 Pumpkin Pie Makeover
- □ #11 Changes I Can Make

Session 6: Guidelines for Healthy Eating Away from Home

- □ #1 Eating Away From Home: What Affects Your Food Choices?
- ☐ #2 Eating Away From Home: Planning Ahead
- ☐ #3 Eating Away From Home: Making Healthy Food Choices
- □ #4 Fast Food Choices
- □ #5 Eating Out in Restaurants
- □ #6 Celebrating with Food—"Passing the Dish" in a Healthy Way
- □ #7 Potluck Strategies
- ☐ #8 How to Survive the Miles and the Temptation
- ☐ #9 Eating Away From Home: Things I Would Try
- ☐ #10 Changes I Can Make



Session 7: Guidelines for the Use of Alcohol

- □ #1 Guidelines for the Use of Alcohol
- □ #2 How Much Alcohol is a Serving?
- □ #3 When to Avoid Alcohol
- ☐ #4 Changes I Can Make

Session 8: Guidelines for Evaluating Diets

- □ #1 Guidelines for Evaluating Diets
- ☐ #2 Diabetes and Nutrition—Common Questions, Clear Answers
- ☐ #3 Changes I Can Make

^{*}Denotes material available from IHS-DDTP. See *BYLD*, pp. 228-229, for IHS National Diabetes Program Publications Order Form, or go to www.ihs.gov/medicalprograms/diabetes.