

Más que  
comida,  
es vida.  
It's more  
than food.  
It's Life.

## The National Diabetes Education Program's bilingual nutritional campaign for Hispanics/Latinos

Hispanics/Latinos with diabetes can now make healthy food choices when preparing family meals, without giving up the traditional foods they love.

*Más que comida, es vida.* campaign features a recipe booklet that is complete with recipes for every day of the week and tips to control diabetes deliciously. Appetizing food photography and a practical design make the booklet a terrific addition to any kitchen.

*Más que comida, es vida.* campaign materials (available in English and Spanish) include

- Revised recipe booklet, *Tasty Recipes for People with Diabetes and Their Families (Ricas recetas para personas con diabetes y sus familiares)*
- Full-color poster
- Print ads (full page, ½ page and ¼ page)

**Download or order your recipe booklet and poster from [www.ndep.nih.gov](http://www.ndep.nih.gov) or call 1-888-693-NDEP.**



Promotional materials  
can be downloaded  
from the Web site.



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