



NDEP Asian American and Pacific Islander Campaign Healthy Celebrations Live-Read Radio Script

Healthy Celebrations (:60 PSA)

Here's an important message from the **[organization]** for our Asian American and Pacific Islander listeners. Next time you and your family gather for a special holiday or celebration, keep these tips in mind.

There's nothing harder for family members and friends with diabetes making healthy food choices at a big gathering. So let them know you're on their side. Offer a variety of low fat, high fiber foods. That means lots of steamed vegetables, brown rice, and whole grain noodles. Cut the fat by serving lean meats, fish, and poultry without the skin. Use vegetable oil instead of lard in your cooking. And serve fresh fruit for dessert. Make your next gathering a celebration of healthy eating for everyone. And make it a time to help your loved ones control their diabetes for life.

Call the **[organization]** at **[phone number]** to learn more.

Healthy Celebrations (:30 PSA)

Here's an important message from the **[organization]** for our Asian American and Pacific Islander listeners. There's nothing harder for people with diabetes than making healthy food choices at a big family gathering. So let them know you're on their side. Serve a variety of low fat, high fiber foods. That means fresh fruit, steamed vegetables, brown rice, and whole grain noodles. Cut the fat by serving lean meats, fish, and poultry without the skin.

Help your family members and friends control their diabetes for life. Call the **[organization]** at **[phone number]** to learn more.

