

# 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, 1/2 page and 1/4 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.



The U.S. Department of Health and Human Services' National Diabetes Education Program is jointly sponsored by the National Institutes of Health and the Centers for Disease Control and Prevention with the support of more than 200 partner organizations.

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