

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 or call 1-888-693-NDEP.



Promotional materials
can be downloaded
from the Web site.



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