

EAT RIGHT. BE ACTIVE. HAVE FUN. **YOU CAN PREVENT DIABETES.**

We love hockey. We play everyday. We have friends who have diabetes and our parents teach us that the best way to avoid the disease is to eat healthy foods, like whole grains such as oatmeal and

barley, fruits and vegetables as well as wild and lean meats. We have lots of fun being active with our friends and family.

We have

a team

a spirit

a goal

the power to prevent diabetes



Health
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Aboriginal *Diabetes* Initiative

For more information on the Aboriginal Diabetes Initiative visit www.healthcanada.ca/diabetes
or call 1 800 O-Canada (1 800 622-6232) TTY/TDD: 1 800 465-7735

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