

“Your life is worth taking that moment to make sure that what you put in your body is not going to come back to haunt you.”

KIM



Did you know **4 in 10 American adults** (ages 18+) are prediabetic? **Add fiber** to your breakfast and snack routines, and **add color to your plate** for every meal!



TAKE CHARGE *of your*
FAMILY'S HEALTH



Visit **NEHealthMatters.org**
to take the risk assessment and learn how to
prevent, treat and **reverse** prediabetes!

