

Class 4

Group Share Cards



What Can I Eat? Healthy Choices for American Indians and Alaska Natives with Type 2 Diabetes

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How did your meal planning or cooking at home go last week? Did you try planning or cooking in a new way?

Where is your favorite place to eat out of your home (restaurant, friend, or family member's house)? What do you like to eat when you go there?

What is your favorite family celebration or gathering where food is served? Can you tell me about the foods you usually have at these events?



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