

Class 1

Group Share Cards



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

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Can you tell me about your favorite food?

When your family gets together for special occasions, what is the food like?

Can you tell me about your least favorite food when you were a child?

If you had to eat the same meal for dinner every single night, what would it be?

Does your family eat traditional foods? If so, what sort of traditional foods do you eat and what is that like for your family?



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