

Champions for Change



Learning that I was a type 2 pre-diabetic inspired me to change my life and lose 80 pounds.

Joyce H.
Champion for Change

Focus on Fruits and Vegetables

Fruits and vegetables are great because they are full of nutrients, vitamins, and fiber. I love salad, asparagus, and tropical fruits.

MyPlate

I make half of my plate fruits and vegetables. I also make sure I have lean carbohydrates and healthy protein too.

Healthy Choices

I now space my meals throughout the day. I eat more often, but I eat smaller portions.

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