



DIABETES PREVENTION PROGRAM

TIV THAIV MOB NTSHAV QAB ZIB



Week 4, Session 4:

Monday, December 7, 2020 to Sunday, December 13, 2020

SESSION FOCUS	Eat Well, Stay Healthy
KEY POINTS	<ol style="list-style-type: none"> 1. Learn how to eat well 2. Learn how to build a healthy plate 3. Learn about the food groups and why it is important to eat food from each group
ACTION PLAN	<ul style="list-style-type: none"> <input type="checkbox"/> Review “How to Eat Well” handout. The handout is available in Hmong & English. Hmong Click Here English Click Here <input type="checkbox"/> Watch “How to Build a Healthy Plate” video. You can use the How to Build a Healthy Plate guide (Click Here) as you plan your meals. ▶ How to Build a Healthy Plate Video <input type="checkbox"/> Watch “Food Groups & MyPlate” video to better understand why eating from the different food group is important to a healthier lifestyle. ▶ Food Groups & MyPlate Video <input type="checkbox"/> Watch Hmong Meditation “Sawv Tsees Los” video. Meditation helps our body relax and de-stress. ▶ Sawv Tsees Los Video

If you have any questions or would like to connect with a Lifestyle Coach for more ideas or one-on-one support, please contact **Lindsey Lee** by email at lindseyl@hmong.org or by phone (612) 244-5721.