



# DIABETES PREVENTION PROGRAM

## TIV THAIV MOB NTSHAV QAB ZIB



### Week 5, Session 5:

Monday, December 14, 2020 to Sunday, December 20, 2020

<b>SESSION FOCUS</b>	Track Your Food Towards A Healthier Routine
<b>KEY POINTS</b>	<ol style="list-style-type: none"> <li>1. Learn the purpose and benefits of tracking what you eat</li> <li>2. Learn ways to track what you eat</li> <li>3. Learn how to make sense of food labels</li> </ol>
<b>ACTION PLAN</b>	<ul style="list-style-type: none"> <li><input type="checkbox"/> Watch “Track Your Food Towards A Healthier Routine” video to learn about the purpose of tracking your food, how to track your food, serving size tips, and how to make sense of food label.  <input checked="" type="radio"/> <a href="#">Track Your Food Towards A Healthier Routine Video</a></li> <li><input type="checkbox"/> Read “<b>Mai’s Story</b>” – to help us understand the common mistakes a lot of us make when tracking our meals. <a href="#">Click Here</a></li> <li><input type="checkbox"/> Review “<b>Ways to Track Your Food</b>” handout, to learn ways to record what, when, and how much you eat. <a href="#">Click Here</a></li> <li><input type="checkbox"/> Review “<b>Make Sense of Food Label</b>” handout and watch “<b>How to Read a Nutrition Label</b>” video to learn about the nutrition facts in your food, such as the serving size, amount of calories per serving, what nutrients to limit, and what nutrients you need to get enough of. <a href="#">Click Here</a>  <input checked="" type="radio"/> <a href="#">How to Read a Nutrition Label Video</a></li> <li><input type="checkbox"/> Watch and follow along “<b>Christmas Cardio Workout</b>” video with Blogilates. Don’t just eat and sit around this Christmas. Workout to your favorite Christmas jams.  <input checked="" type="radio"/> <a href="#">Christmas Cardio Workout Video</a></li> </ul>

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](mailto:lindseyl@hmong.org) or by phone (612) 244-5721.