



DIABETES PREVENTION PROGRAM

TIV THAIV MOB NTSHAV QAB ZIB



Week 11, Session 8: Monday, February 1, 2021 to Sunday, February 7, 2021

SESSION FOCUS	Shopping and Cooking for Better Health
KEY POINTS	<ol style="list-style-type: none"> 1. Learn how to identify healthy food 2. Learn how to shop for healthy food 3. Learn how to cook healthy food
ACTION PLAN	<ul style="list-style-type: none"> <input type="checkbox"/> Healthy Food - Watch “Khood Noj Rau Cov Mob Ntshav Qab Zib” video by Ncais Literature to learn what types of healthy foods to eat and limit to maintain your blood sugar. <input type="checkbox"/> ▶ Khood Noj Rau Cov Mob Ntshav Qab Zib – video in Hmong <input type="checkbox"/> How to Shop for Healthy Food – read Healthy Shopping Tips handout to learn ways to shop for healthy food without spending a lot of time or money. You can write down other healthy shopping ideas at the bottom of page 2 of the handout. Click Here <input type="checkbox"/> How to Cook Healthy Food – read Healthy Cooking Tips handout to learn how to cook healthy food that you enjoy, as well as how to cook with less fat. Click Here Also watch video by Lifestyle Coach Lindsey to learn how to cook healthy food using less fat, less sodium, and eating more vegetables in Hmong. Click Here

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.