

**“My coach taught me that I don’t have to give up my favorite foods, but I can make some changes to eat better. I feel great cooking traditional foods in a healthier way for my family.”**

— Maria, 37, Program Participant



**YOUR BEST LIFE STARTS HERE.** Find out more about CDC’s National Diabetes Prevention Program, including the lifestyle change program, at **[CDC.gov/prediabetes](https://www.cdc.gov/prediabetes)**.

