



*“I eat in the gardens  
because I want to  
stay healthy.”*

*-Miss Rabbit*



Miss Rabbit teaches the boys and their friends, Little Hummingbird and Simon, ways they can prevent and control type 2 diabetes and help others learn, too. The children listen to Miss Rabbit describe how Mother Earth provides wonderfully healthy things to eat. She encourages them to eat vegetables and fruits of many colors.

# EAT HEALTHY FOODS



Eating healthy traditional and locally grown foods can help keep our bodies healthy and prevent and control type 2 diabetes. Why is that true? One reason is because there is power in colors as Miss Rabbit suggests. Red fruits and vegetables protect against high blood pressure and reduce the effects of diabetes-related diseases of the heart and blood vessels; and fresh red, yellow and orange foods are linked to a lower risk for type 2 diabetes.

