

“What Can I Eat?” Healthy Choices for American Indian and Alaska Native Adults with Type 2 Diabetes

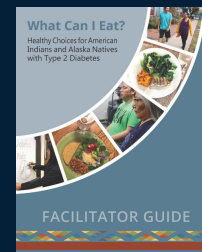
“What Can I Eat?” is a diabetes nutrition education program for American Indian and Alaska Native adults living with type 2 diabetes. The goal of this program is to help people learn about healthy eating with diabetes. The program includes five classes with topics on healthy nutrition and diabetes, physical activity, and ways to make mindful healthy food choices.

About “What Can I Eat?”

- Five 90-minute theory-based sessions focused on nutrition for type 2 diabetes management and support
- Emphasis on healthful traditional foods
- Culturally tailored for American Indian and Alaska Native adults living with type 2 diabetes
- Group-based, interactive, participatory learning
- Each lesson includes peer-to-peer learning opportunities, interactive and arts-based learning, physical activity, mindful nutrition activity, and goal setting
- Includes scripted facilitator guide and 5 participant guides
- Endorsed by the American Diabetes Association



Participant Guides



Facilitator Guide



How can I learn more about “What Can I Eat?”

- **Request access to the free curriculum** by emailing WCINativeAmerican@diabetes.org.
- **Host or attend a Train the Trainer for Facilitators.**
 - Two day in-person training for nutrition and health educators.
 - Eligible participants may earn up to 11.75 contact hours toward continuing education
 - Attendees will learn how to develop and plan sessions for community members, apply behavior change theories and techniques, and incorporate culturally appropriate counseling and facilitation skills into nutrition education.
 - For more information on hosting or attending a training, contact: kelli@mavencollectiveconsulting.com or sarah.stotz@colostate.edu.