

Healthy Choices at Social Events

Part 1

To prepare for social events:



Have a healthy snack at home so you won't be too hungry.



Ask what's on the menu, and plan accordingly.



Ask if you can bring something healthy.



Practice saying, "No, thank you."

You can do this!

Find meal planning tips here:

cdc.gov/diabetes/managing/eat-well/meal-plan-method.html