



NDEP American Indian Campaign Healthy Celebrations Live-Read Radio Script

Healthy Celebrations (:60 PSA)

American Indians—here’s an important message from the **[organization]**. As American Indians, we gather for many ceremonies and celebrations.

There’s nothing harder for family members and friends with diabetes than making healthy food choices at a big feast. Let them know you’re on their side. Offer a variety of low fat, high fiber foods. That means lots of fruits and vegetables. Cut the fat by serving lean cuts of beef and mutton, fish, and poultry without the skin. Use vegetable oil instead of lard in your cooking. And serve more high fiber foods—like corn, beans, squash, and whole grain breads. Make your next gathering a celebration of healthy eating for everyone. And make it a time to help your loved ones control their diabetes for life. Call the **[organization]** at **[phone number]** to learn more.

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American Indians—here’s an important message from the **[organization]**. There’s nothing harder for people with diabetes than making healthy food choices at a big feast. So let them know you’re on their side. Offer a variety of low fat, high fiber foods including lots of fruits and vegetables. Cut the fat by serving lean cuts of beef and mutton, fish, and poultry without the skin. And serve more high fiber foods—like corn, beans, squash, and whole grain breads. Help your family members and friends control their diabetes for life. Call the **[organization]** at **[phone number]** to learn more.

