



FIVE MINUTES OF LIFE
*Yesenia, Graciela and Maricela talk about love,
life and food...*



'A lo hecho, pecho'

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Remember last time?
Yesenia and Graciela
made a pact with
Maricela to eat healthful
food & walk together
every day, so that
Maricela could prevent
diabetes and all three
could be healthy and fit.
"Friends Forever"., they
said. **NOW, 2
WEEKS LATER..**

Hey, it's great to have a
little break! Have you
seen Maricela lately?

No, not since the day
the doctor told her she
might have diabetes..

Remember our pact together
to eat right & exercise?
We'd better call her ...



Uh-oh! Speaking of Maricela,
here comes her husband!



Hello ladies ... I hope
you're both fine,
'cause I have some-
thing to say to you!

...and he
looks mad!

Hi Carlos.. what's up
with you and Mari?

I'm trying to be polite, but I want to know why you two are messing around with my life—and talking *stuff* to my wife!

What is *he* talking about?

??????



For the past two weeks, I come home tired and hungry and Maricela feeds me vegetables! Peas and carrots, radishes and beets—what kind of dinner is *that* for a hard working man? And salads ... give me a break!

Sounds good!



All this comes from you two! What gives you the right to tell my wife what to do, and how to eat—and what to cook for me???

...but...but *Carlos!*

Aw, come on!



Hey Carlos, it's that Mari might have diabetes! We're just trying to help...

Yes, Carlos-I have some *healthy* recipes for her to try!



HEALTHY!! Yuck! Healthy food tastes terrible! Give *me* meat! And tortillas—***LOTS*** of tortillas!

Cinco Minutos de la Vida



Carlos, healthy food can be delicious food, y'know...

Well, I don't know...

Yeah, Carlos ... at least give it a try! You'll both feel better if you do eat right ... and you'll have more energy, too ..



Well .. Okay.. I'll give it a try .. I'll taste a couple of those things you say are so good...

And they better be *real* good!

I don't want to change my life!
Or, *do* I? Hm!



Bye Carlos!

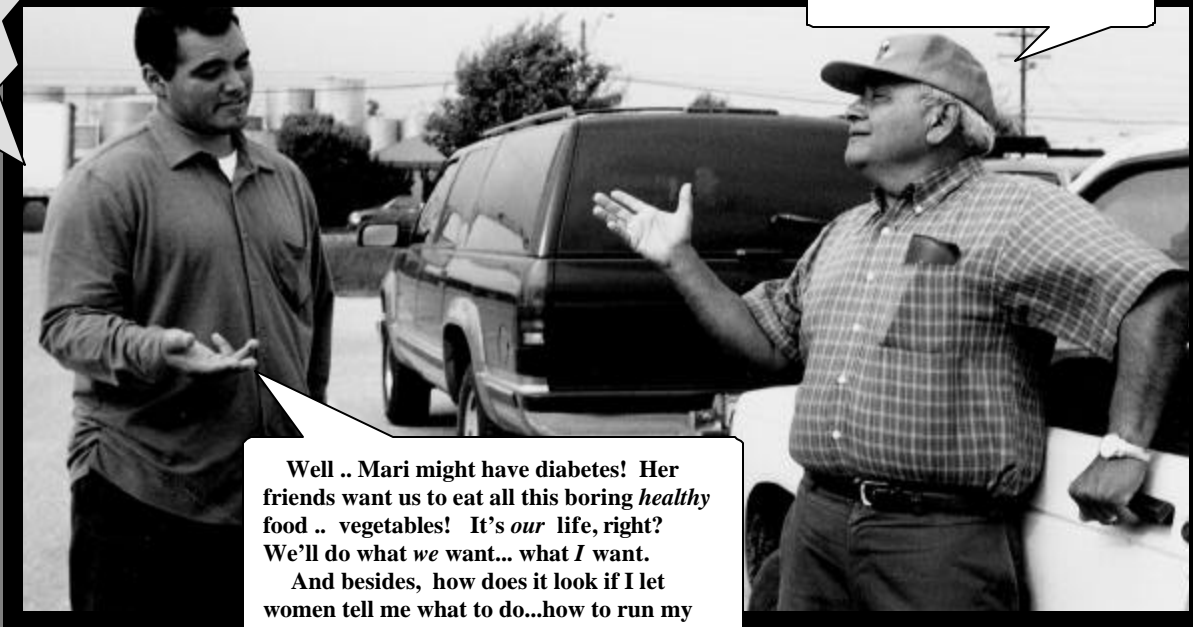
Graci, I think Carlos is going to be hard to persuade ..I hope your recipes *are* good!

My food *is* good,
Yesi.. bien sabrosa!

One week later...

Hi Dave..

Hello there Carlos. How 're you? Hey, you look kinda down, m'ijo...what's wrong?



Well .. Mari might have diabetes! Her friends want us to eat all this boring *healthy* food .. vegetables! It's *our* life, right? We'll do what *we* want... what *I* want.

And besides, how does it look if I let women tell me what to do...how to run my life? It doesn't look right, I'm telling you! So that's why I *am* a little down..



Vegetables, huh .. That's a tough one.. I see what you mean. But still ...

Still ... where's my *steak* in all this, anyway? And my tortillas? And should I listen to these women?

Well, the truth is, son, it's a matter of health! We only get one body and we gotta take care of it... so I guess, if Maricela really *has* diabetes....



...the bottom line is, a person does what he has to do .. to take care of his family, and himself. He does what he has to do ... know what I mean?



**TWO MONTHS
LATER**

Well, look who's coming .. the happy couple!
Hi, you two! Wow ... you two look great!

Listen, Graciela .. I called Mari last night to go walking, and- big surprise!
She's like, 'Carlos is exercising with me, everyday!'



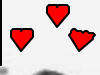
Hi Yesenia, hi Graciela ... ¿Que onda?

Well, ladies, I decided to be healthy, and support my wife in eating nutritious food ... and it's pretty tasty!





We feel wonderful! Just like when we were first married!



And we've been exercising together, after work ...

...almost every day! Can you tell I've lost five pounds?

WOW!



Gotta run! Bye!

We'll see you soon - at your cousin's wedding, Graci ...

Yesi, I am so impressed! They took our advice, and what a change they've made ... especially Carlos. They look super, and more in love than ever ... it's so romantic. See what love, healthful food, and exercise can do for a person?

You're so right, Graciela! Now, we've got to start walking together again ... every day! I want to lose a few pounds myself, and look really good at your cousin's wedding. That's only a month away! Is that cute guy from Mexico coming?



Oh yes, he'll be here! I can hardly wait. He's bringing some nice dishes from Oaxaca for a gift...

Dishes from Oaxaca? Hmm.. I wonder about that ... seems like I heard something on the news about dishes from Oaxaca ...

To be continued...

Many thanks to our volunteers !

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The Food Guide Pyramid For Diabetes Meal Planning

FATS

Example of 1 portion:
10 peanuts
1/8 avocado
1 TBS. salad dressing
or cream cheese
1 tsp butter, marg. oil
or mayo

Eat less fat & sugar!

DAIRY FOODS:

2-3 daily servings
Example of 1 portion:
1 cup milk
1 cup yogurt

SWEETS

Example of 1 portion:
1/2 cup ice cream
1 small cupcake
or muffin
2 small cookies

PROTEIN RICH FOODS:

2-3 daily servings
Example of 1 portion:
2 TBS peanut butter
4 oz tofu
1/2 cup cottage cheese or
tuna
1 egg
2-3 oz cheese or cooked
lean fish, poultry or meat

VEGETABLES:

3-5 daily servings
Example of 1 portion:
1 cup raw vegetables
1/3 cup vegetable juice
1/2 cup cooked
vegetables

FRUIT:

3-4 daily servings
Example of 1 portion:
1 small fresh fruit
1/2 cup canned fruit
1/2 cup fruit juice
1/2 cup dried fruit

GRAINS, BEANS ...

6 or more daily servings
Example of 1 portion:
4-6 crackers
1/2 small bagel, English
muffin or pita
1/2 hot dog or HB bun
1/2 cup cooked cereal or
pasta
1 (6") tortilla
1 slice bread

..AND STARCHY VEGETABLES

Example of 1 portion:
1 small potato
1/3 cup cooked rice
1/2 cup yams
1/2 cup beans, peas,
corn or lentils
(cooked)
1 cup winter squash

Eat many kinds of foods!