World Diabetes Day – November 14
Eat More, Go Blue.

Fruits and vegetables are packed with nutrients and vitamins that help support your health. A diet rich in fruit and vegetables may help you:

- Reduce the risk of type 2 diabetes.
- Help control blood sugar levels.
- Maintain a healthy weight.
- Protect the heart, kidneys, intestines, eyes and blood vessels from the effects of diabetes and other chronic diseases.

Eat More
Make a change. Start by doing something simple. Forget about five a day. No matter how many servings you are currently eating, choose health by adding one more serving of fruit or vegetables to your daily diet. Try these ideas for making it convenient:

- Place a bowl of whole fruit on the table, counter or front and center in the refrigerator.
- Store dried or canned items in accessible locations at work and home.
- Buy pre-cut fruits and vegetables.
- Cut produce into snack sizes as soon as you get home from a grocery trip.
- Add more vegetables to soup or your favorite dishes.

Go Blue for Diabetes
Wear blue to recognize World Diabetes Day on November 14. And find ways to go blue all month long.

- Be creative – if you’re connected to Chevron’s Intranet, [download some ideas](#).
- Snap a selfie of your activities and send it to wellness@chevron.com – your photo could be featured in a future publication.

Learn more

- [World Diabetes Day 2016](#)
- [International Diabetes Foundation](#)
- [Chevron’s Healthy Heart Program](#)
- [Chevron Health Encyclopedia](#)
- [Eat Right](#)
- [WHO Health Topics — Nutrition](#)
- [USDA — Choose My Plate](#)
- [World Diabetes Day Wellness Program Materials](#)

Questions? Email [wellness@chevron.com](mailto:wellness@chevron.com)