

## 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](mailto: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).

