Diabetes

Promo 5

Subject: Diabetic Night Out?

Quick email today about an important topic.

Did you know it IS possible to eat out and be healthy?

It’s true. You just need to follow a simple set of guidelines.

This fantastic article shows you how you can eat out and still be healthy.

Click here to read it [http://www.diabetes.org/food-and-fitness/food/what-can-i-eat/food-tips/eating-out/]