

# STICK A FORK IN DIABETES

Diabetes is the 8th leading cause of death worldwide. Plant-based foods—fruits, vegetables, legumes, and grains—are the staples of a healthful diet needed to help our world survive.

# SURVIVE

## Statistics

show 1 in 3 people will have diabetes by 2050.

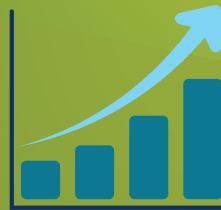


## Unfortunately

medications aren't powerful enough to change that.



**Risk** is high if we do nothing different.



**Victory** can be yours.



## Influence

your health trajectory with what you eat.



## Value

your body by choosing foods naturally high in fiber and complex carbohydrates.



**End** the epidemic by telling others about the power of plant-based foods to prevent and reverse type 2 diabetes.



Learn more and take action

at [StickAForkInDiabetes.org](http://StickAForkInDiabetes.org)