

TO: National Diabetes Education Program (NDEP) Partner

FROM:

  
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NDEP American Indian/Alaska Native  
Stakeholder Group

  
Gary E. Ferguson, II, ND  
NDEP American Indian/Alaska Native  
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DATE: April 30, 2013

RE: *American Indian/Alaska Native Fat and Calorie Counter* (NDEP-129)

Dear NDEP Partner,

The NDEP American Indian/Alaska Native Stakeholder Group proudly announces the release of a new product, the **American Indian/Alaska Native Fat and Calorie Counter**. This tool provides nutritional information about foods commonly eaten by American Indian and Alaska Native Peoples.

Use the **American Indian/Alaska Native Fat and Calorie Counter** to help people at risk for type 2 diabetes make healthy food choices for breakfast, lunch, dinner, and for dessert! This pamphlet can either complement NDEP's popular **Small Steps, Big Rewards Fat and Calorie Counter** ([http://www.ndep.nih.gov/media/GP\\_FatCal.pdf](http://www.ndep.nih.gov/media/GP_FatCal.pdf)) or it can be a stand-alone resource, to provide food examples and options that are culturally relevant for American Indians and Alaska Natives.

You can order the **American Indian/Alaska Native Fat and Calorie Counter** by emailing [aianpt@cdc.gov](mailto:aianpt@cdc.gov).

If you have any questions or would like to promote the **American Indian/Alaska Native Fat and Calorie Counter**, contact Judith McDivitt, NDEP Director (JMcDivitt@cdc.gov), or Michelle Owens-Gary (MOwens1@cdc.gov), Behavioral Scientist, at the Centers for Disease Control and Prevention.

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