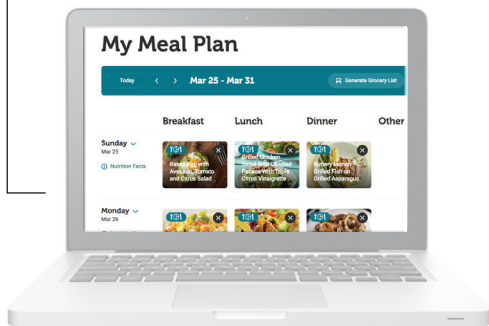



Let's get Cooking!

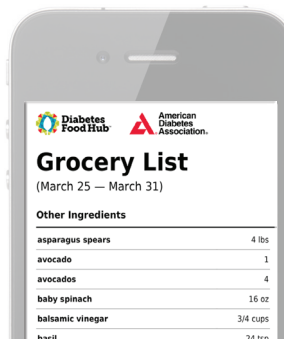
The American Diabetes Association® is proud to introduce Diabetes Food Hub™, the new digital cooking and recipe destination made for people living with diabetes and their families.

More than a collection of delicious recipes approved by ADA's nutrition experts, Diabetes Food Hub provides solutions to daily meal planning challenges. Save time during your busy week using the innovative meal planner, editable shopping list, and tips from food experts.

1  **Find your favorite recipes—and do more with them.** Saved to your personal recipe box, your go-to recipes become your road map for the week using our useful Meal Planner.



2  **What do you need to make all these great dishes?** The editable Grocery List can be created with one click through the Meal Planner. Remove items you already have in the pantry and add foods with ease.



3  **Made a recipe and added your own twist?** Tell others how you made a dish your own in the comments section. Want to shout it out? Social buttons make it easy to share on your favorite platforms.

We've been hard at work creating a platform that will make eating healthfully a joyful experience. **We hope you will join us.**