

Smart youth Choices



A Community Nutrition Education Program of the LSU AgCenter for Grades 5 - 8

Matching Game



Always hungry



Always thirsty



Lose weight without trying



Feel tired and sleepy



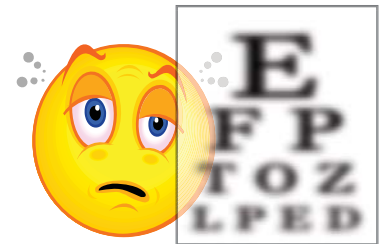
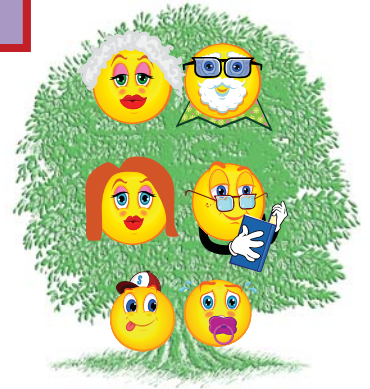
Go to bathroom often

Feet tingle and feel numb

Have family members with diabetes

Have trouble seeing

Have dry, itchy skin



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This material was funded by USDA's Food Stamp program. The Food Stamp program provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet. To find out more, contact your local Extension office or visit www.lsuagcenter.com