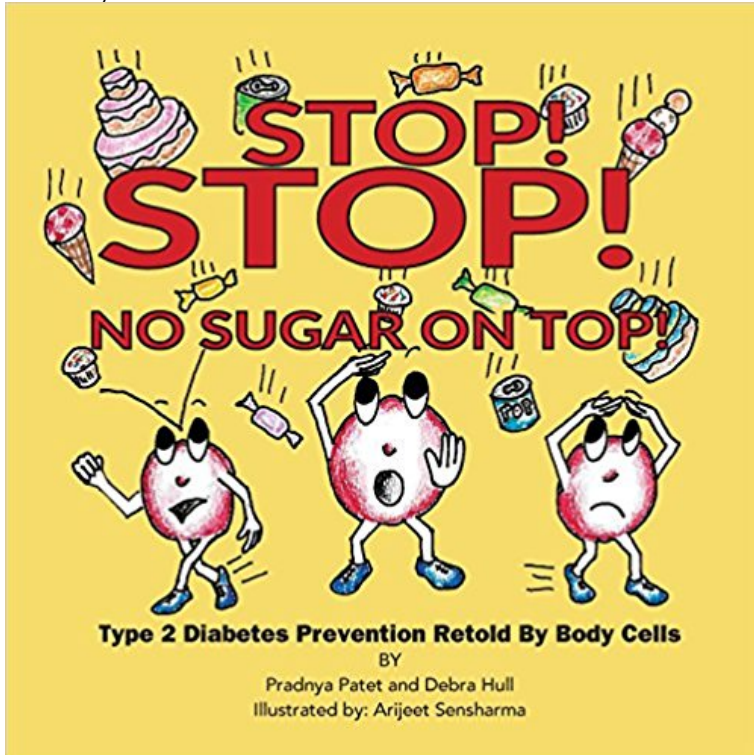


# Stop! Stop! No Sugar on Top!: Type 2 Diabetes Prevention Retold by Body Cells



Animated body cells introduce children to the importance of healthy food choices and exercise to prevent type 2 diabetes. The fun and whimsical rhyme style makes an abstract concept such as this, easy to understand for young readers ages 6 to 10. Body cells show readers how they work inside the body like a factory to convert carbohydrates into energy with the use of insulin. The cells reveal the negative effects of unhealthy food choices and lack of exercise. The concrete approach empowers readers with knowledge and desire to make healthy choices. Given that nutritional scripts are laid down early in life, this book equips young children with an I-can-do-it! attitude. Tips are included to assist adults in providing a healthy environment for children.

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**Prevention Retold by** Type 2 diabetes is largely preventable, and about 9 in 10 cases could be avoided It begins when  
muscle and other cells stop responding to insulins open-up-for-glucose signal. Low-risk meant a healthy weight (body  
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