

Simple steps to prevent diabetes



The good news is that many cases of type 2 diabetes, which account for between 90 and 95% of all adult cases of the disease, can be prevented by leading a healthy lifestyle. So even if you have been diagnosed with prediabetes or just want to lower your risk for type 2 diabetes, take steps to lose a small amount of weight by eating a balanced diet and getting regular exercise.



TIPS TO FIT HEALTHY EATING & EXERCISE INTO YOUR DAY

- **Sneak some exercise into your day.** Being physically fit can lower blood sugar, blood pressure, and cholesterol by helping insulin work better. All of these factors help reduce your risk for diabetes, heart disease, and stroke.
- **Add exercise to your daily routine.** If you don't currently exercise on a regular basis, start with small amounts of physical activity. For instance, take a brisk 15-minute walk in the morning.
- **Make exercise fun.** Any kind of physical activity is exercise. This includes doing yard work, dancing, or walking the dog. Choose a few activities you enjoy, and take steps to fit them into your schedule. Make bike riding or hiking regular family activities.
- **Eat some of these quality carbohydrate foods.** These include minimally processed carbohydrates, like brown rice, whole wheat bread, oatmeal, and whole grain pasta. They also include fruit and starchy veggies like green peas, squash and beans and lentils. These foods should make up about a quarter of your plate.
- **Eat most of these carbohydrates.** These non-starchy carbs have a lot of fiber and less carbohydrates, which have a smaller impact on your blood sugar. These include broccoli, tomatoes, green beans, etc.
- **Cut back on sugar intake.** If you eat a lot of sugar in your diet, try to reduce sugary foods and beverages. For example, instead of soda and juice, try seltzer or water. When the craving for a cookie or piece of cake hits, try a piece of fruit instead.
- **Choose healthy snacks.** Before having a high-sugar or high-fat snack, reach for a handful of nuts, some low-fat popcorn, or whole-wheat crackers. Keep healthy snacks on hand whether you are at home, at work or on the go.
- **Remember these tips when eating out.** Think of your plate as a pie chart. You should fill up half of your plate with vegetables, a fourth with protein, and a fourth with a starch or carbohydrate.