



## ACTION STEPS FOR WELLNESS

# Diabetes prevention



### Step 1: Lose weight if you are overweight.

- People at risk of type 2 diabetes may be able to delay or prevent it by losing five to seven percent of their total body weight.
- Aim to lose one pound a week.
- Ask family and friends to support you.



### Step 2: Make wise food choices.

- Control food portions.
- Reduce serving sizes of high fat and high calorie foods.
- Increase the amount of veggies (especially nonstarchy veggies, like leafy greens), and fiber that you eat. Choose fruit for desserts.
- Avoid sugar sweetened beverages, such as regular soda and sweet tea.
- Limit your sodium intake to 1,500 mg a day.



### Step 3: Be physically active every day.

- If you are not already active, start slowly.
- Build up to at least 30 minutes a day of a moderate-intensity physical activity five days a week.

**Action Step:** Keep a log of what you eat and how much you exercise. It will help you stay on track.