

# Preventing diabetes is a tall order, but can be reached.



**T**alk to your doctor about your risk factors for type 2 diabetes and ways to lower them.

**A**im to do at least 30 minutes of moderate-intensity physical activity five days a week.

**L**ose weight if you are overweight. Losing 5-7 percent of what you weigh now can lower your risk for type 2 diabetes.

**L**imit foods with added sugars, saturated fat, and *trans* fat. Eat healthy meals and snacks at regular times. Control portion sizes.