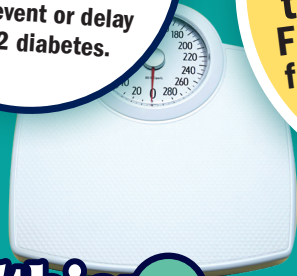


1

Lose weight if you are overweight. Not being overweight helps manage prediabetes and prevent or delay type 2 diabetes.



2

If you have a family history of type 2 diabetes, tell your doctor. Find out other risk factors you have and ways to control them.

3

Get a diabetes screening test, as advised. See your doctor if: You urinate often; have extreme thirst and/or hunger; or have unusual weight loss, blurry vision, or irritability.

4

Do not smoke. If you smoke, quit! Don't quit on being a quitter. Get help from www.smokefree.gov.



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12 Terrific Tips to TOPPLE TYPE 2 DIABETES

5

Get physical. Step up your level of activity to at least 30 minutes a day most days of the week.

6

Eat your meals at regularly scheduled times.

7

Choose water and unsweetened beverages over sodas and other drinks with sugar.

8

Have 20 to 35 or more grams of fiber every day. Examples include bran, whole-grain breads and cereals, beans and peas, and seeds.

9

Strictly limit saturated and trans fats. To do this, choose nonfat dairy products, very lean meats (and in small amounts), and limit animal and "hydrogenated" fats.



10

Pass on special "dietetic" or "diabetic" foods that often cost more but generally aren't any healthier than simply following a healthy eating plan.



11

Set specific, measurable & realistic goals. Track your progress, & recognize your successes.

12

Be patient. Changing to healthier eating & exercise habits won't happen overnight.

