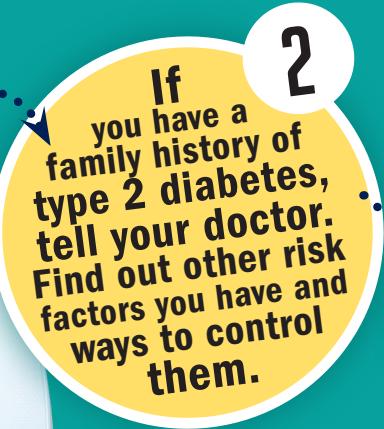




1 Lose weight if you are overweight. Not being overweight helps manage prediabetes and prevent or delay type 2 diabetes.



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.

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

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.

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

