EAT HEALTHY PLANT FOODS

Plants provide vitamins, minerals and carbohydrates in your diet. Eat a variety of healthy, fiber-rich foods, which include:

- Fruits – tomatoes, peppers, and fruit from trees
- Nonstarchy vegetables – leafy greens, broccoli and cauliflower
- Legumes – beans, chickpeas and lentils
- Whole grains – such as whole-wheat pasta, whole-grain rice, whole oats, and quinoa

BE MORE PHYSICALLY ACTIVE

EXERCISE CAN HELP YOU:

- Lose weight
- Lower your blood sugar
- Boost your sensitivity to insulin — which helps keep your blood sugar within a normal range
- Breaking up long bouts of inactivity, such as sitting at the computer, can help control blood sugar levels

LOSE EXTRA WEIGHT

Losing weight reduces the risk of diabetes.

The American Diabetes Association recommends that people with prediabetes lose at least 7% to 10% of their body weight to prevent disease progression. More weight loss will translate into even greater benefits.

Set a weight-loss goal based on your current body weight. Talk to your doctor about reasonable short-term goals and expectations, such as a losing 1 to 2 pounds a week.

KNOW THE RISK FACTORS

Changing your lifestyle could be a big step toward diabetes prevention. Prevention is especially important if have any of the following risk factors for type 2 diabetes:

- Excess weight or obesity
- High cholesterol or diabetes
- Family history of diabetes

African American, Hispanic or Latino, American Indian, or Alaska Native persons are also at higher risk.

TYPE 1 VS. TYPE 2 DIABETES

Insulin is a hormone made by your pancreas that lets blood sugar into the cells in your body for use as energy.

What is type 1 DIABETES?

01 Your pancreas doesn't make insulin or makes very little insulin.

02 Type 1 diabetes was once called insulin-dependent or juvenile diabetes. It usually develops in children, teens, and young adults, but it can happen at any age.

03 No one knows how to prevent type 1.

What is type 2 DIABETES?

01 Cells don't respond normally to insulin; this is called insulin resistance.

02 You may be able to manage your diabetes with healthy eating and being active.

High blood sugar can cause serious health problems, such as heart disease, vision loss, and kidney disease.

WHEN TO SEE YOUR DOCTOR

- Diagnostic tests for type 2 diabetes for all adults age 45 or older
- People younger than 45 who are overweight and have other risk factors
- Women who have had gestational diabetes
- People who have been diagnosed with prediabetes
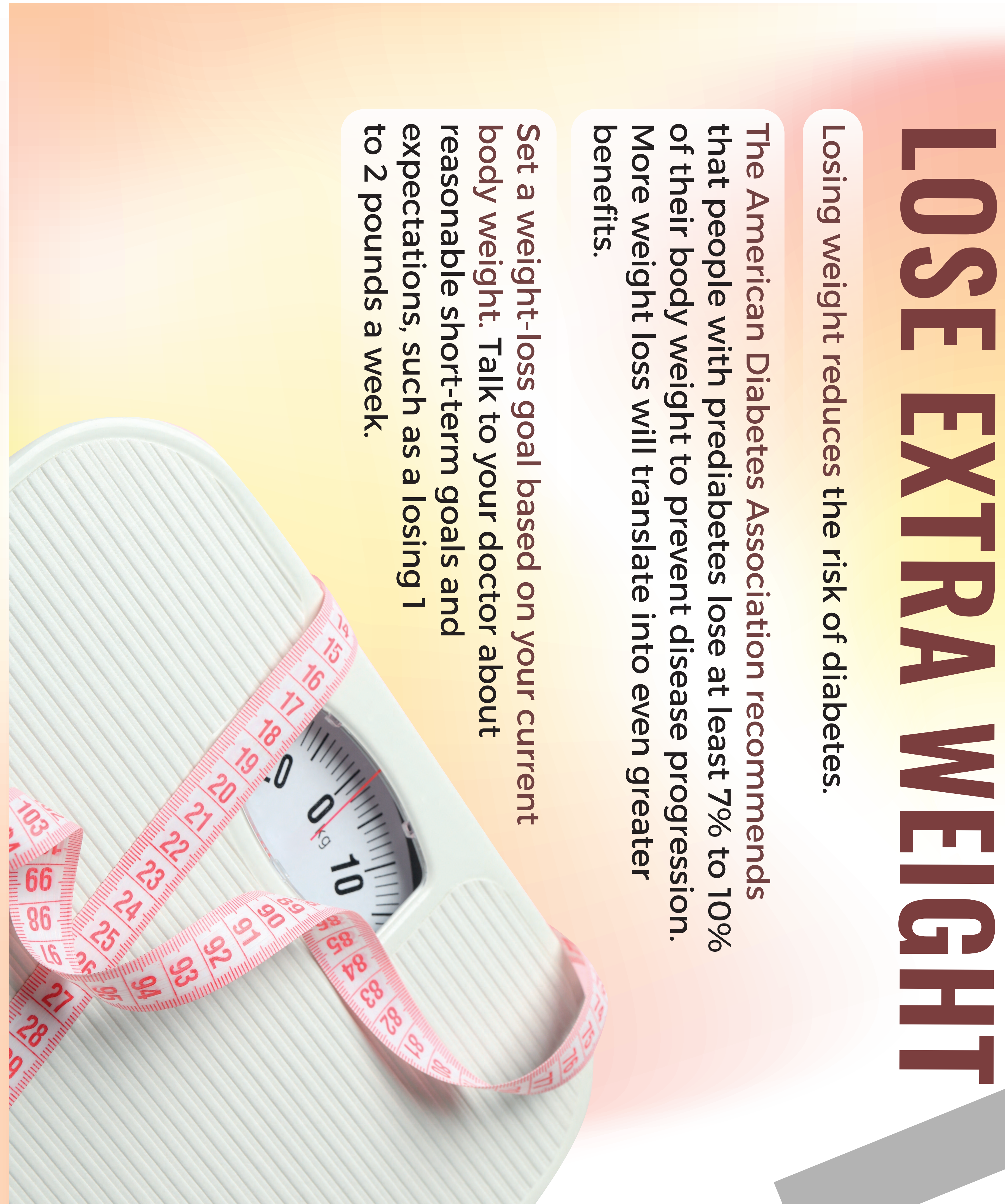- Children who are overweight or obese and who have other risk factors

SKIP FAD DIETS

Many fad diets may help you lose weight, but there is little research about the long-term benefits of these diets or their benefit in preventing diabetes.

Your dietary goal should be to lose weight and then maintain a healthier weight moving forward. Healthy dietary decisions need to include a strategy that you can maintain as a lifelong habit.

One simple strategy to help you make good food choices is to divide up your plate.

- ONE-HALF: fruit and nonstarchy vegetables
- ONE-QUARTER: whole grains
- ONE-QUARTER: protein-rich foods, such as legumes, fish or lean meats

EAT HEALTHY FATS

Eating the right types of fats is important for reducing your risk of type 2 diabetes. Sources of good fats include:

- Olive, sunflower, safflower, cottonseed and canola oils
- Nuts and seeds, such as almonds, peanuts, flaxseed and pumpkin seeds
- Fatty fish, such as salmon, mackerel, sardines, tuna and cod