

Preventing Type 2 Diabetes

What is diabetes? Diabetes is a serious disease. It means your blood sugar is too high. Your blood always has some sugar in it because your body needs it for energy, but too much sugar in your blood is not good for your health.

Your first step: Talk to your doctor about any family history of Type 2 diabetes and other risk factors to see if you are at risk. If you are, there are some easy ways to prevent or delay getting diabetes.

<p>Walking is one of the best ways to increase your activity level. Start slowly by walking five minutes or more each day. Build up to 30 minutes 5 days a week.</p>	<p>Get More Physical Activity. Get off the bus one stop early or park the car farther away from the entrance to stores, movie theaters, or your work place.</p>
<p>Eat More Vegetables, fruits, and whole grains. Buy at least one different fruit or vegetable every time you shop.</p>	<p>Eat Smaller Portions. Eat the foods you enjoy, but limit the serving sizes.</p>
<p>Pick An Activity that you enjoy that will keep you moving. Dance to the beat of your favorite music or try picking up a sport.</p>	<p>Choose Healthy Snacks. Eat fruits, veggies, or nuts instead of chips. Drink plenty of water.</p>
<p>Read Food Labels. Choose foods with less fat, calories, and salt. Cut down on fried foods.</p>	<p>Cook Ahead and freeze food portions. This will help you have healthy and easy meals ready on days when you are too busy to cook.</p>

