

Preventing Type 2 Diabetes



The Diabetes Prevention study showed that more than 1/2 of those with pre-diabetes (blood sugars between 100 and 125) reduced their risk of developing diabetes.

How?

- ◆ Lost **about** of 7% of their weight.
- ◆ Walked briskly for at least 30 minutes per day.
- ◆ Followed a low-fat, low-calorie meal plan.

Tips for a healthy meal plan:

Choose more

- Whole grain breads, cereals and snack foods
- Butter sprinkles or light soft, tub margarine
- Fresh fruits and vegetables.
- Lean meats (skinless chicken, turkey; beef round, sirloin, tenderloin; pork chops; Canadian bacon, low-fat or non-fat hot dogs and lunch meats).
- Baked or broiled fish
- Water and calorie free beverages
- Fat-free and low fat cream cheese, salad dressings and sour cream.
- Low-fat or non-fat milk products (skim, ½% or 1% milk; lowfat cheese, yogurt).
- Non-stick vegetable spray products. If needed, use healthier oils (canola, olive or peanut) in small amounts.
- Healthy baking methods (bake, grill, steam or broil)

Choose less

- White breads, processed cereals, snack crackers and chips
- Butter or stick margarine
- Canned fruits in heavy syrup
- High-fat meats (bologna, salami, sausage)
- Full fat milk products
- Sweets and baked goods.
- Sugary beverages
- Fried foods (limit to once a week)
- Food: cut portions by ⅓

Follow the new MyPlate as your Source of Healthy Eating



www.choosemyplate.gov



Be More Active - It's Fun Too

Being More Active:

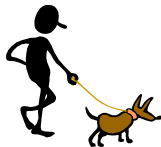
- * Makes insulin work better in your body
- * Keeps blood pressure, cholesterol, and weight down.
- * Helps keep bones, muscles, and joints healthy.
- * Improves energy levels.
- * Lowers stress.



Choose an Activity You'll enjoy!

Check with your doctor before changing your level of activity.

Include a friend, neighbor, grandchild, husband, wife or children. It can be a group/family activity or your time to "relax" alone.



U.P. Diabetes Outreach Network
Strengthening Diabetes Care & Prevention
in Upper Michigan since 1985

(906) 228-9203

www.diabetesinmichigan.org

