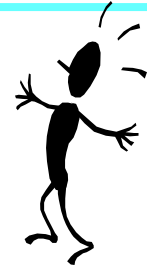


Reduce Your Risk for Type 2 Diabetes You Can Prevent Diabetes



***Diabetes in the United States has gone up 33%
between 1990 and 2000***

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 a total of 30 minutes per day.
- ◆ Followed a low-fat meal plan.

Tips for a healthy meal plan:

- ◆ Choose whole grain breads, cereals and snack foods **instead of** muffins, potato chips,
- ◆ Choose butter sprinkles or light soft margarine **instead of** real butter or stick margarine.
- ◆ Eat more fresh fruits and vegetables.
- ◆ Choose low-fat meats (skinless chicken and turkey; beef round, sirloin, and tenderloin; pork chops; Canadian bacon, low-fat or non-fat hot dogs and lunch meats).
- ◆ Eat more fish—baked or broiled, not fried.
- ◆ Choose fat-free and low fat cream cheese, salad dressings and sour cream.
- ◆ Choose low-fat or non-fat milk products (skim, 1/2% or 1% milk; lowfat cheese and yogurt).
- ◆ Avoid daily sweets and baked goods.
- ◆ Use non-stick vegetable spray products and, when needed, use healthier oils such as canola, olive or peanut in small amounts.
- ◆ Limit fried foods to once per week. Bake, grill, steam or broil

Follow the Food Guide Pyramid as your Source of Healthy Eating

For information on the Food Guide Pyramid and to
receive an interactive My Pyramid Plan visit

www.mypyramid.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

