

# More Than 50 Ways to Prevent Diabetes

**Talk to your doctor about your family history of type 2 diabetes and other diabetes risk factors.**

Learn how you can prevent or delay diabetes by losing a small amount of weight by being physically active for 30 minutes, 5 days a week and following a low-fat, reduced calorie meal plan. To get started, use this guide for ideas on moving more, making healthy food choices and tracking your progress.

**Small Steps for Big Rewards!**



## Reduce Portion Sizes

### #1 Less on Your Plate, Nate.

#2 Keep meat, poultry and fish portions to about 3 ounces (about the size of a deck of cards).

#3 Try not to snack while cooking or cleaning the kitchen.

#4 Try to eat meals and snacks at regular times every day.

#5 Make sure you **eat breakfast** everyday.

#6 Use broth and cured meats (smoked turkey and turkey bacon) in small amounts. They are high in sodium. Low sodium broths are available in cans and in powdered form.

#7 **Share** a single dessert.

#8 When eating out, have a big vegetable salad, then split an entrée with a friend or have the other half wrapped to go.

#9 Stir fry, broil, or bake with non-stick spray or low-sodium broth and cook with less oil and butter.



#10 Drink a glass of water 10 minutes before your meal to take the edge off your hunger.

#11 Make **healthy choices** at fast food restaurants. Try grilled chicken (remove skin) instead of a cheeseburger. Skip the french fries and choose a salad.

#12 Listen to music while you eat instead of watching TV (people tend to eat more while watching TV).

#13 Eat slowly. It takes 20 minutes for your stomach to send a signal to your brain that you're full.

### #14 Eat a small meal, Lucille.

#15 Teaspoons, salad forks, or child-size utensils may help you take smaller bites and eat less.

#16 You don't have to cut out the foods you love to eat. Just **cut down** on your portion size and eat it less often.

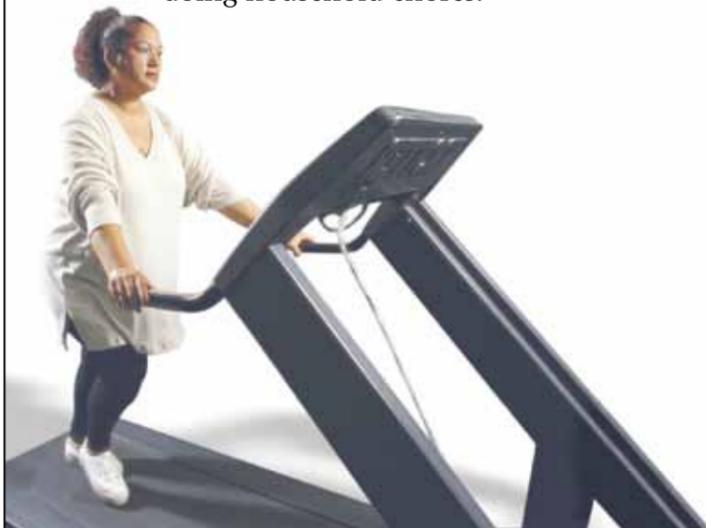
#17 Make less food look like more by serving your meal on a salad or breakfast plate.

## Move More Each Day

### #18 Dance It Away, Faye.

#19 Show your kids the dances you used to do when you were their age.

#20 Turn up the music and **jam** while doing household chores.



#21 Deliver a message in person to a co-worker instead of e-mailing.

#22 Take the stairs to your office. Or take the stairs as far as you can, and then take the elevator the rest of the way.

#23 Make fewer phone calls. Catch up with friends on a regular basis during a planned **walk**.

#24 March in place while you watch TV.

#25 Park as far away as possible from your favorite store at the mall.

#26 Select a physical activity video from the store or library.

#27 Get off of the bus one stop early and walk the rest of the way home or to work several times a week.



## Make Healthy Food Choices

### #28 Snack On a Veggie, Reggie

#29 Try getting one new fruit or **vegetable** every time you grocery shop.

#30 Low-fat macaroni and cheese can be a main dish. Serve it with your favorite vegetable and a salad.

#31 Try eating foods from other countries. Many dishes contain more vegetables, **whole grains** and beans and less meat.

#32 Cook with a mix of spices instead of salt.

#33 Find a **water** bottle you really like (from a church or club event, favorite sports team, etc.) and drink water from it wherever and whenever you can.

#34 Always keep a healthy snack with you, such as fresh fruit, handful of nuts, whole grain crackers.

#35 Choose veggie toppings like spinach, broccoli, and peppers for your pizza.

#36 Try different recipes for baking or **broiling** meat, chicken and fish.

#37 Try to choose foods with little or no added sugar.

#38 Gradually work your way down from whole milk to 2% milk until you're drinking and cooking with **fat-free** (skim) or low-fat milk and milk products.

#39 Eat foods made from whole-grains—such as whole wheat, brown rice, oats, and whole-grain corn—every day. Use whole-grain bread for toast and sandwiches; substitute brown rice for white rice for home-cooked meals and when dining out.

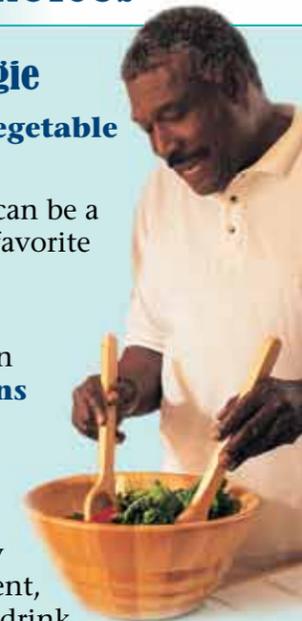
#40 Don't grocery shop on an empty stomach. Make a list before you go to the store.

#41 Read food labels. Choose foods low in saturated fats, *trans* fats, cholesterol, salt (sodium), and added sugars.

#42 **Fruits** are colorful and make a welcome centerpiece for any table. Enjoy the company of family and friends while sharing a bowl of fruit.

#43 Slow down at snack time. Eating a bag of low-fat **popcorn** takes longer than eating a slice of cake. Peel and eat an orange instead of drinking orange juice.

#44 Try keeping a written record of what you eat for a week. It can help you see when you tend to overeat or eat foods high in fat or calories.



## Nurture Your Mind, Body and Soul



### #45 You Can Exhale, Gail.

#46 Don't try to change your entire way of eating and increasing your **physical activity** all at once. Try one new activity or food a week.

#47 Find mellow ways to **relax**—try deep breathing, take an easy paced walk, or enjoy your favorite easy listening music.

#48 Give yourself daily “pampering time.” Honor this time, whether it's **reading** a book, taking a long bath, or meditating.

#49 Try not to eat out of boredom or frustration. If you are not hungry, do something else, such as taking a long walk.



## Be Creative

#50 Honor your health as your most precious gift.

### #51 Make up your own, Tyrone or Simone.

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There are many more ways to prevent or delay diabetes by making healthy food choices and moving more. Discover your own and share them with your family, friends, and neighbors.

