



## PREVENT TYPE 2 DIABETES

# Step by Step

**TAKE YOUR FIRST STEP!** Talk to your doctor about your family history of type 2 diabetes and other diabetes risk factors. The National Diabetes Education Program (NDEP) is urging people who are at risk for type 2 diabetes, or have a condition called pre-diabetes, to increase their physical activity. Losing a small amount of weight, by getting 30 minutes of physical activity 5 days a week and eating healthy, will prevent or delay the onset of diabetes. For example, if you weigh 200 pounds, losing just 10 pounds will help lower your risk of developing diabetes.

### TIPS TO HELP YOU GET STARTED:



**WALKING** is one of the best ways to increase your activity level. Start slowly by walking five minutes more each day. Build up to 30 minutes 5 days a week.



**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.



**EAT MORE VEGETABLES,** fruits, and whole grains. Buy at least one different fruit or vegetable every time you shop.



**EAT SMALLER PORTIONS.** Eat the foods you enjoy, but limit the servings sizes!



**PICK AN ACTIVITY** that you enjoy that will keep you moving. Dance to the beat of your favorite music or try playing soccer, bike riding, or swimming.



**CHOOSE HEALTHY SNACKS.** Eat fruits, veggies, or nuts instead of chips. Drink plenty of water.



**READ FOOD LABELS.** Choose foods with less fat, calories, and salt. Cut down on fried foods.



**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.

**FOR MORE INFORMATION** call 1-888-693-NDEP (6337) or visit [www.YourDiabetesInfo.org](http://www.YourDiabetesInfo.org) to order these free materials:

- *Movimiento por su vida* music CD
- *Recipe and Meal Planner Guide*
- *Your GAME PLAN to Prevent Type 2 Diabetes*

Participants in research studies can play a more active role in improving their own health and help others by contributing to health-related research. See [www.clinicaltrials.gov](http://www.clinicaltrials.gov) and [www.cdc.gov/diabetes/](http://www.cdc.gov/diabetes/)

