



Preventing Diabetes: Six Tips to Keep You Healthy

Diabetes is a condition that can lead to serious problems such as heart disease, stroke, blindness, kidney failure, and amputation. Before people get diabetes, they almost always have **prediabetes**.

What is prediabetes?

Prediabetes occurs when a person has higher-than-normal blood glucose levels, but not as high as a person with diabetes. Only your healthcare professional can diagnose prediabetes.

Who is at risk for prediabetes?

You are at risk of developing **prediabetes** if you:

- Are overweight.
- Have uncontrolled high blood pressure.
- Have a family history of type 2 diabetes.
- Are a woman who had gestational diabetes during pregnancy.

6 tips to prevent prediabetes and diabetes:

1) Make healthy food choices.

- Eat smaller portions. A meat portion should be no larger than your fist.
- Eat leaner cuts of beef and pork, avoid meats with visible fat, and eat turkey or chicken at least 3 times per week.
- Choose whole grain cereals and breads. Eat at least 5 servings of fruits and/or vegetables every day.
- Avoid or limit foods made with high-fructose corn syrup and sugar.

2) Prepare healthy foods.

- Bake, broil, poach or grill foods instead of frying them. If your recipe calls for oil, use olive, or canola oil which are lower in saturated fats.
- Substitute low-fat sour cream or plain yogurt for sour cream.
- Use fresh or frozen vegetables. They usually have less salt than canned vegetables.

3) Drink healthier drinks.

- If you drink soda pop, begin eliminating one serving each day until you are drinking no more than two soda beverages a week. Try plain water, flavored seltzer water, or unsweetened tea or coffee.
- Try to have 3 sources of low-fat calcium—such as milk or yogurt—every day.



Exercising **30**
minutes a day
and reducing
your body weight
by **5-10%***
can reduce your
chance of
developing diabetes
by **58%!**

*only 10-15 pounds for a
200 lb. person

4) Indulge your sweet tooth...occasionally.

- Choose dark chocolate; it's lower in fat and sugars than milk chocolate.
- Chew sugar-free gum or eat a piece of fruit for the natural sweetness.

5) Increase your activity level.

- Participate in physical activity such as walking, swimming or biking for at least 150 minutes a week (30 minutes, 5 days a week) or aim for 10,000 steps each day as measured by a pedometer.
- Set aside a specific time each day for some sort of physical activity, or exercise with a family member or friend.
- Choose activities that you enjoy and you will find it easier to stay committed to a routine.

6) Take care of your mental health.

- While you are improving your physical health, remember to take care of your mental health.
- Find a family member or friend to support you in your efforts to prevent diabetes.
- Reward yourself with a small gift (like a pair of smaller pants) each time you reach a goal.

Call 1-888-545-1710 to speak to a nurse 24- hours a day.

Disclaimer: Information or education provided in this fact sheet is not intended to replace medical advice from your healthcare provider. The information provided on this fact sheet is not all-inclusive of this topic.

Healthy Together! is offered by the Wyoming Department of Health to all Wyoming EqualityCare clients at no cost. The program provides one-on-one support from a nurse, educational materials to encourage the self-management of health and assistance in coordinating care among multiple providers. **Healthy Together!** also provides EqualityCare clients with information on weight loss, smoking cessation, and how to adopt healthy lifestyles. **Healthy Together!** was named the Best Government Disease Management Program by the Disease Management Association of America in 2005.