

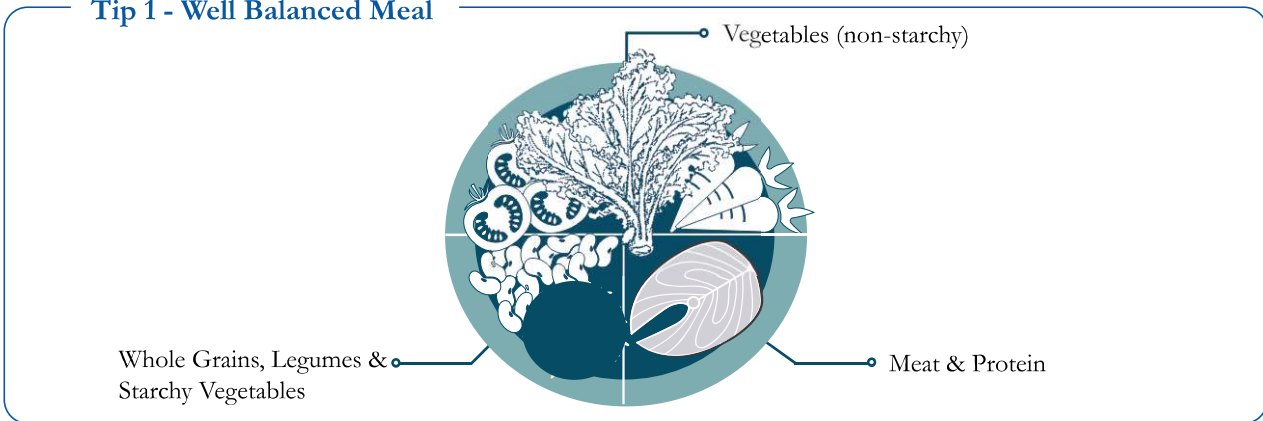
Healthy Habits To Prevent Diabetes

Are you at risk for getting diabetes? There is much you can do to reduce your risk. Ask yourself these questions:

- Is at least half my plate filled with colorful vegetables?
- Is about a quarter of the plate filled with whole grains, legumes or starchy vegetables?
- And another quarter filled with a source of lean meat and protein?

THE PLATE METHOD Tips for Healthy Eating to Reduce Diabetes Risk

Tip 1 - Well Balanced Meal



Tip 2 - Plate Size - Use a plate about the width of this paper (8-9 inches) for a main meal

Tip 3 - Side Dishes - Don't forget to look at the side dishes! Aim for 3 servings of each per day



Fruit



Healthy Fats & Oils



Dairy



Beverages

Aim for
8 cups/ day
(*non-caloric*)

Eat More

Whole grains (oats*), dairy foods (yogurt*), beans and legumes, fruit and vegetables (apples*, blueberries*, red grapes*, green leafy vegetables*, lean meats and fish*, nuts and seeds (walnuts*), healthy oils (olive and canola oil), water, seltzer, coffee* and tea*

Eat Less

Refined white breads and cereals, white potatoes, red meats and processed meats, saturated fats and sugarsweetened beverages

*Refined white breads and cereals, white potatoes, red meats and processed meats, saturated fats and sugarsweetened beverages

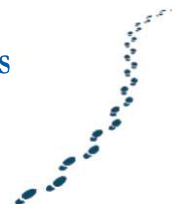


Lose weight if you are overweight

OTHER HEALTHY HABITS TO PREVENT DIABETES



Get enough sleep - 7 to 8 hours is ideal



Be more active! Walking works!