

7 WAYS YOU CAN LOWER YOUR RISK OF TYPE 2 DIABETES

Type 2 diabetes results when your body does not properly convert sugar from the foods you eat into energy and the sugar builds up in your blood. The following tips can help you lower your risk of developing the disease.



1. Reduce your weight by 5-10%.



2. Get 30 minutes of moderate physical exercise a day.



3. Eat fewer processed foods, “fast foods” and sugary drinks like soda or juices.



4. Eat more vegetables, whole grains, fresh foods, fish, lean meats and poultry.



5. Keep blood pressure less than 120/80.



6. Have yearly physical checkups.



7. Work together with your healthcare provider to stay in control of your health.

If you are at risk for type 2 diabetes and/or are displaying symptoms—fatigue, frequent urination, unusual thirst and unexplained weight loss—talk to your healthcare provider immediately.

