



Tips to help prevent diabetes

Exercise.

- Lack of activity promotes diabetes.
- Exercise helps use insulin more efficiently and allows the proper absorption of glucose.
- Exercise can also aid in weight loss and is key to good heart health.

Eat healthy.

- Fill half of a 9-inch plate with nonstarchy vegetables, 1/4 with protein and 1/4 with starchy vegetables (carbohydrates). This is called the Plate Method and helps you eat more nonstarchy vegetables while watching portion sizes.
- **STOP** drinking beverages such as regular soft drinks, sweet tea, juices and regular sport drinks.
- Note that fad diets are **NOT** the answer.

Stop smoking.

- Smokers are 50% more likely to develop diabetes than nonsmokers.

Limit alcohol use.

- Increased use of alcohol can boost your risk of developing diabetes.