

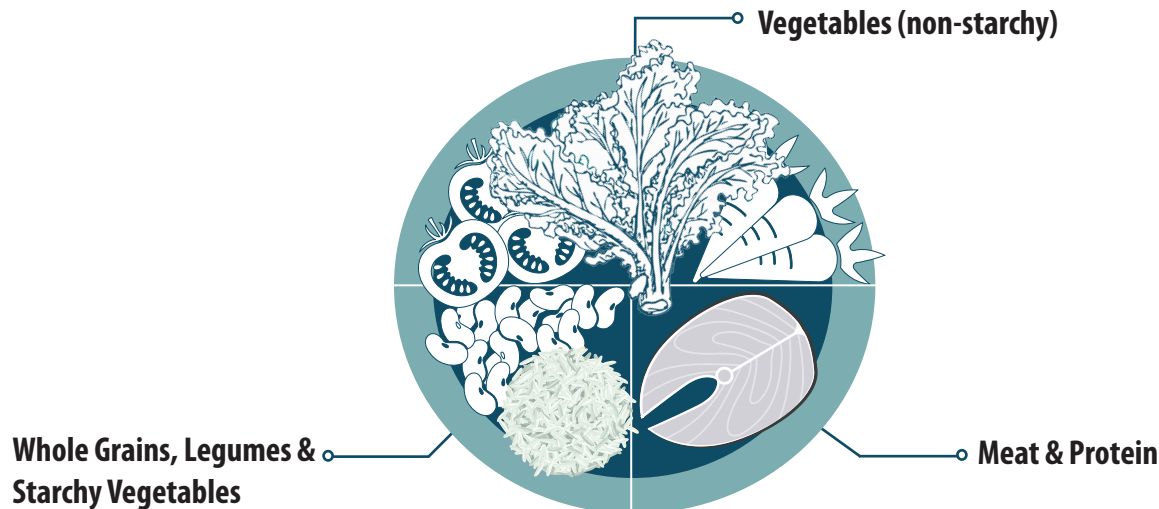
# HEALTHY HABITS TO PREVENT DIABETES

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 sugar-sweetened beverages

\*Some studies have found that the foods marked with \* are associated with reduced risk of developing type 2 diabetes.

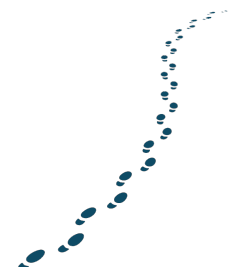
## OTHER HEALTHY HABITS TO PREVENT DIABETES



Lose weight if you are overweight



Get enough sleep - 7 to 8 hours is ideal



Be more active! Walking works!

**Set an Action Plan:** Talk with your doctor and ask about your A1C. Meet with a Registered Dietitian Nutritionist (RDN) for an individualized meal plan. Learn if there are Diabetes Prevention Programs in your area. Set small goals with your health care team!