



# You have the **POWER** to Prevent Diabetes

## Here are 7 steps you can take to get started today



### Move more.

Get up, get out, and get moving. Try walking, dancing, bike riding, swimming, or playing ball with your friends or family. It doesn't matter what you do as long as you enjoy it. Try different things so you don't get bored.

### Eat the healthy plate way.

Focus on eating less and making healthy food choices. Try to eat more fruits and vegetables (5 to 9 servings a day), dried beans, and whole grains. Cut down on fatty and fried foods. You still can eat the foods you enjoy, just eat less. See other side for an example of a healthy plate.



### Take off some weight.

Once you start eating less and moving more, you will lose weight. By losing even 10 pounds, you can cut your chances of getting diabetes.

### Set goals you can meet.

Start by making small changes. Try being active for 15 minutes a day this week. Then each week add 5 minutes until you build up to 30 minutes 5 days a week. Try to cut 100 calories out of your diet each day (that's one can of soda!). Slowly reduce your calories over time. Talk to your health care team about your goals.

### Record your progress.

Write down all the things you eat and drink and the number of minutes you are active. Keeping a diary is one of the best ways to lose weight and keep it off.



### Get help.

You don't have to prevent diabetes alone. Ask your family and friends to help you out. Involve them in your activities. You can help each other move more, eat less, and live a healthier life. There are groups in your area that can help, as well as your health care team.



### Keep at it.

Making even small changes is hard in the beginning. Try adding one new change a week. If you get off track, start again and keep at it. ➤



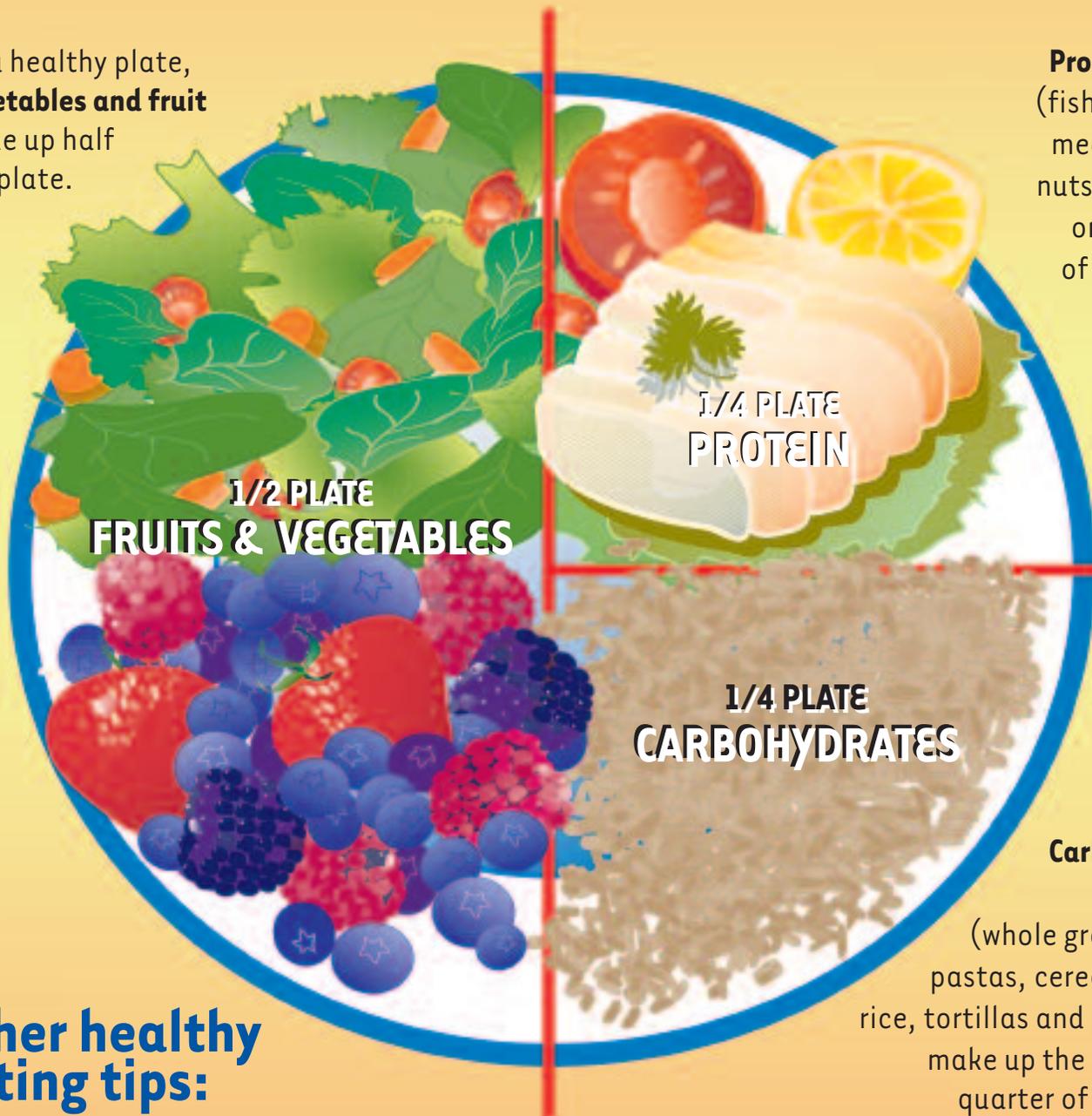
See The Healthy Plate on other side

# THE HEALTHY PLATE

This plate shows an easy way to choose foods for good health.

On a healthy plate, **vegetables and fruit** make up half the plate.

**Protein foods** (fish, chicken, meat, beans, nuts) make up one quarter of the plate.



## Other healthy eating tips:

- Include vegetables and fruit at every meal.
- Choose low-fat dairy foods.
- Drink plenty of water.

➤ See the other side for tips on preventing diabetes