

Diabetes Prevention

5 Tips for Taking Control

Here are 5 small lifestyle changes that you can make to help prevent the onset of type 2 diabetes.

Tip #1

Get More Physical Activity

One of the many benefits of physical activity is that it can help you to lose weight. Exercise also aids in lowering blood sugar levels by increasing your sensitivity to insulin- which helps keep your blood sugar within a normal range.

Tip #2

Eat Plenty of Fiber

Foods including fruits, vegetables, beans, whole grains, nuts and seeds are all high in fiber. Consuming between 25g-35g of fiber a day can help aid in lowering the risk of diabetes and heart disease.

Fiber can also help promote weight loss by helping you feel fuller.

Tip #3

Go for Whole Grains

Aim to make at least half of your grains come from whole grains. Whole grains reduce the risk of diabetes and help maintain blood sugar levels. Look for the word “whole” as the first ingredient on packages of bread, pasta and cereals.

Tip #4

Lose Extra Weight

If you are overweight, every pound you lose can improve your health and decrease your risk of developing diabetes.

Tip #5

Avoid Fad Diets

Low-carb, low-glycemic load or other fad diets may help you lose weight at first, but their effectiveness at preventing diabetes is unknown. By excluding or strictly limiting a particular food group, you may be giving up essential nutrients. Instead, incorporate variety and portion control as part of an overall healthy eating plan.

The American Diabetes Association recommends blood glucose screening for everyone age 45 and older who is overweight. Ask your doctor about testing if you are younger than age 45 and overweight with one or more additional risk factors for type 2 diabetes- such as family history or a sedentary lifestyle.

