

REDUCE YOUR RISK OF DIABETES

86 million American adults have prediabetes¹. Embracing a healthy lifestyle can reduce your risk for type 2 diabetes. Start today with these tips.

1

Focus on maintaining a healthy weight, or losing weight gradually toward your optimal weight range.



ACTION: Skip extreme diets and focus on small changes to eat healthier.

2

Make healthier food choices and include foods from all five food groups, as outlined in MyPlate, to get the nutrients you need.



ACTION: Include at least three food groups at meals and two food groups for snacks.

3

Don't skip meals. Eat balanced meals and snacks, with appropriate portion sizes, to keep energy levels constant throughout the day.



ACTION: Spend some time each week planning your meals and snacks.

4

Get active. Include 30 minutes of physical activity most days of the week.



ACTION: Get a few extra steps in each day by taking the stairs or a walk at lunch.

Take the Next Step with Healthy Eating Planner



Trying to be healthier or get your weight under control? Use the Healthy Eating Planner online tool to assess your eating and activity, set a goal and make a plan for improvement.

[HealthyEating.org/Plan](https://www.healthyeating.org/plan)

(1) American Diabetes Association