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**

Vegetables (non-starchy)  
Whole Grains, Legumes & Starchy Vegetables  
Meat & Protein

**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

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!