



# Top 10 Tips to Prevent Diabetes



## B-SWEL Top Ten Tips Series

**Type 2 Diabetes is preventable. People who make changes to their lifestyle can greatly decrease their risk for developing diabetes. Maintain a healthy weight, exercise, eat a healthy diet, and stop smoking to improve your health and life. Talk with your doctor about your risk factors and take action to prevent diabetes now.**

### 1 Maintain a healthy weight

A healthy diet and daily exercise will help you achieve a weight that's right for you. If you're overweight, losing 7-10% of your weight cuts your risk of diabetes in half!

### 2 Be physically active

Turn off the TV and get moving with moderate to intense exercise at least 30 minutes a day. Talk with your doctor before starting any exercise plan.

### 3 Develop healthy eating habits

Eat a variety of fruits, vegetables, whole grains, nuts, lean protein, and low fat dairy to boost your health. Skip the sugary beverages and highly processed snacks and meats.

### 4 Stop smoking

Smoking increases your risk of diabetes by fifty percent. Get help to quit today. [www.nyc.gov/nycquits](http://www.nyc.gov/nycquits).

### 5 Control your blood pressure

Get checked regularly and aim for blood pressure less than 120/80. Your risk for diabetes increases with blood pressure higher than 140/90 (hypertension).

### 6 Manage your cholesterol

Eat foods low in trans and saturated fats to increase heart protecting "good" HDL cholesterol and decrease artery clogging "bad" LDL cholesterol in your blood.

### 7 Cook at home more often

Restaurant food is piled high with extra fat, salt and calories. Cook at home to eat more affordable and healthier foods. Save time and money by planning meals ahead of time, using coupons, or freezing your meals to microwave later.

### 8 Read food labels

Learn how to read the nutrition facts label and ingredient list to make quick and informed decisions about the quality of food and beverages.

### 9 Be active all day

Add 10 min intervals of exercise into your day. Walk up the stairs instead of taking the elevator or get off the subway a few stops early. These small actions will add up by the end of the day!

### 10 Talk to your doctor

Learn about your specific risk factors and develop a plan of action to prevent diabetes. Get your blood sugar, cholesterol, and blood pressure checked while you're there.

**Disclaimer: Talk to your doctor before adopting any of these tips. They should not be used in place of advice from your doctor.**

