

Take These Small Steps Now To Prevent Diabetes

■ Find out if you are at risk.

Asian Americans and Native Hawaiians or other Pacific Islanders are at high risk for type 2 diabetes and are not always overweight. Talk to your health care provider about YOUR risk.

■ Lose a small amount of weight.

Being overweight puts you at high risk for type 2 diabetes. The weight you think is normal for you may not be a healthy weight. You can work toward a healthy weight by being more active and eating healthy.

■ Be more physically active.

Choose an activity you enjoy. Take a walk, swim, bike ride, dance, or play ball with your children.

■ Eat healthy.

Make healthy food choices and eat smaller servings. Cut down on fatty and fried foods. Choose more fruits and vegetables, dry beans, and whole grains.

■ Record your progress.

Every day, 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.

■ Keep at it.

Make one new change each week. If you get off track, start again, and keep going.

Source: Adapted from “Take These Small Steps Now To Prevent Diabetes,” National Diabetes Education Program, 2007.