



## 50+ Tips to Prevent Type 2 Diabetes

### Reduce Portion Sizes

#### #1 Less on Your Plate, Nate.

- #2 Keep meat, poultry and fish portions to about 3 ounces (about the size of a deck of cards).
- #3 Try not to snack while cooking or cleaning the kitchen.
- #4 Try to eat meals and snacks at regular times every day.
- #5 Make sure you **eat breakfast** everyday.
- #6 Use broth and cured meats (smoked turkey and turkey bacon) in small amounts. They are high in sodium. Low sodium broths are available in cans and in powdered form.
- #7 **Share** a single dessert.
- #8 When eating out, have a big vegetable salad, then split an entrée with a friend or have the other half wrapped to go.
- #9 Stir fry, broil, or bake with non-stick spray or low-sodium broth and cook with less oil and butter.



- #10 Drink a glass of water 10 minutes before your meal to take the edge off your hunger.
- #11 Make **healthy choices** at fast food restaurants. Try grilled chicken (remove skin) instead of a cheeseburger. Skip the french fries and choose a salad.
- #12 Listen to music while you eat instead of watching TV (people tend to eat more while watching TV).
- #13 Eat slowly. It takes 20 minutes for your stomach to send a signal to your brain that you're full.
- #14 **Eat a small meal, Lucille.**
- #15 Teaspoons, salad forks, or child-size utensils may help you take smaller bites and eat less.
- #16 You don't have to cut out the foods you love to eat. Just **cut down** on your portion size and eat it less often.
- #17 Make less food look like more by serving your meal on a salad or breakfast plate.

### Move More Each Day

#### #18 Dance It Away, Faye.

- #19 Show your kids the dances you used to do when you were their age.
- #20 Turn up the music and **jam** while doing household chores.



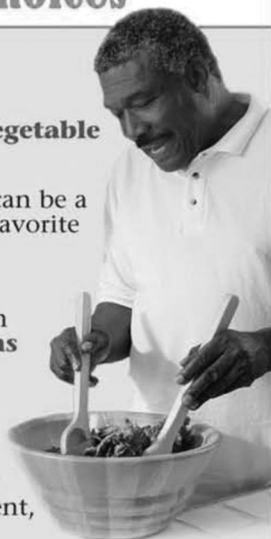
- #21 Deliver a message in person to a co-worker instead of e-mailing.
- #22 Take the stairs to your office. Or take the stairs as far as you can, and then take the elevator the rest of the way.
- #23 Make fewer phone calls. Catch up with friends on a regular basis during a planned **walk**.
- #24 March in place while you watch TV.
- #25 Park as far away as possible from your favorite store at the mall.
- #26 Select a physical activity video from the store or library.
- #27 Get off of the bus one stop early and walk the rest of the way home or to work several times a week.



## Make Healthy Food Choices

### #28 Snack On a Veggie, Reggie

- #29 Try getting one new fruit or **vegetable** every time you grocery shop.
- #30 Low-fat macaroni and cheese can be a main dish. Serve it with your favorite vegetable and a salad.
- #31 Try eating foods from other countries. Many dishes contain more vegetables, **whole grains** and beans and less meat.
- #32 Cook with a mix of spices instead of salt.
- #33 Find a **water** bottle you really like (from a church or club event, favorite sports team, etc.) and drink water from it wherever and whenever you can.
- #34 Always keep a healthy snack with you, such as fresh fruit, handful of nuts, whole grain crackers.
- #35 Choose veggie toppings like spinach, broccoli, and peppers for your pizza.
- #36 Try different recipes for baking or **broiling** meat, chicken and fish.
- #37 Try to choose foods with little or no added sugar.
- #38 Gradually work your way down from whole milk to 2% milk until you're drinking and cooking with **fat-free** (skim) or low-fat milk and milk products.
- #39 Eat foods made from whole-grains—such as whole wheat, brown rice, oats, and whole-grain corn—every day. Use whole-grain bread for toast and sandwiches; substitute brown rice for white rice for home-cooked meals and when dining out.
- #40 Don't grocery shop on an empty stomach. Make a list before you go to the store.
- #41 Read food labels. Choose foods low in saturated fats, *trans* fats, cholesterol, salt (sodium), and added sugars.
- #42 **Fruits** are colorful and make a welcome centerpiece for any table. Enjoy the company of family and friends while sharing a bowl of fruit.
- #43 Slow down at snack time. Eating a bag of low-fat **popcorn** takes longer than eating a slice of cake. Peel and eat an orange instead of drinking orange juice.
- #44 Try keeping a written record of what you eat for a week. It can help you see when you tend to overeat or eat foods high in fat or calories.



## Nurture Your Mind, Body and Soul



### #45 You Can Exhale, Gail.

- #46 Don't try to change your entire way of eating and increasing your **physical activity** all at once. Try one new activity or food a week.
- #47 Find mellow ways to **relax**—try deep breathing, take an easy paced walk, or enjoy your favorite easy listening music.
- #48 Give yourself daily “pampering time.” Honor this time, whether it's **reading** a book, taking a long bath, or meditating.
- #49 Try not to eat out of boredom or frustration. If you are not hungry, do something else, such as taking a long walk.



## Be Creative

- #50 Honor your health as your most precious gift.

### #51 Make up your own

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There are many more ways to prevent or delay diabetes by making healthy food choices and moving more. Discover your own and share them with your family, friends, and neighbors.