



# More Than 50 Ways to Prevent Diabetes

**African Americans are at a high risk of developing type 2 diabetes...**

... and being overweight increases that risk. But, there is good news. Losing a small amount of weight, by getting 30 minutes of physical activity 5 days a week and eating healthy, will help prevent diabetes. To get started, use this guide for ideas on moving more, eating healthier, and tracking your progress.

**Small Steps for Big Rewards!**





## Reduce portion sizes.

### #1 **Less on your plate, Nate.**

#2 Keep meat, poultry and fish servings to about 3 ounces (about the size of a deck of cards).

#3 Make less food look like more by serving your meal on a salad or breakfast plate.



#4 Try not to snack while cooking or cleaning the kitchen.

#5 Try to eat sensible meals and snacks at regular times throughout the day.

#6 Make sure you **eat breakfast** every day.

#7 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 powder.

#8 **Share** your desserts.

#9 When eating out, have a big vegetable salad, then split an entrée with a friend or have the other half wrapped to go.

#10 Stir fry, broil or bake with non-stick spray or low sodium broth and try to cook with less oil and butter.

#11 Drink a glass of water or other “no-calorie” beverage 10 minutes before your meal to take the edge off your appetite.

#12 **Select** the healthier choice at fast food restaurants. Try grilled chicken instead of the cheeseburger. Skip the french fries or replace the fries with a salad.

#13 Listen to music while you eat instead of watching TV (people tend to eat more while watching TV).

#14 It takes 20 minutes for your stomach to send a signal to your brain that you're full. Eat slowly.

### #15 **Eat a small meal, Lucille.**

#16 Teaspoons, salad forks, or child-size utensils may help you take smaller bites and eat less.

#17 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.

## Add more physical activity to your daily routine.

### #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 feel comfortable, and then take the elevator.

#23 Make a few less phone calls. Catch up with friends during a regularly scheduled **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 an exercise video from the store or library.

#27 Get off the bus one stop earlier and walk the rest of the way home or to work at least two days a week.



## Make healthy food choices.

- #28 **Snack on a veggie, Reggie**
- #29 Try getting at least one new fruit or **vegetable** every time you grocery shop.
- #30 Macaroni and low-fat cheese can be a main dish. Serve it with your favorite vegetable dish and a salad.
- #31 Try eating foods from other countries. Many international dishes feature more vegetables, whole **grains** and beans and less meat.
- #32 Cook with a variety of spices instead of salt.
- #33 Find a **water** bottle you really like (church or club event souvenir, favorite sports team, etc.) and drink water from it wherever and whenever you can.
- #34 Always keep a healthy snack with you.
- #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 to 1% milk until you're drinking and cooking with **fat free** (skim) milk.
- #39 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.
- #40 Eat foods made from a variety of whole grains—such as whole wheat bread, 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.
- #41 Don't grocery shop on an empty stomach and make a list before you go.
- #42 Read food labels. Choose foods with lower fat, saturated fat, calories, and salt.
- #43 **Fruits** are colorful and make a welcoming centerpiece for any table. Have a nice chat while sharing a bowl of fruit with family and friends.
- #44 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.



## Nurture your mind, body, and soul.



- #45 **You can exhale, Gail.**
- #46 Don't try to change your entire way of eating and **exercising** 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” and honor this time like any other appointment you make... whether it's spending time **reading** a book, taking a long bath, or meditating.
- #49 Try not to eat out of boredom or frustration. If you're not hungry, do something else.
- #50 Honor your health as your most precious gift.



## Be creative.

#51 **Make up your own, Tyrone or Simone.**

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**There are many more ways to prevent type 2 diabetes with healthy eating and physical activity. Discover your own and share it with your family, friends and neighbors.**

