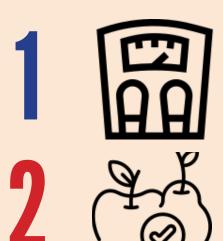
3 Steps to Preventing or Managing Type 2 Diabetes



Keep Weight Under Control

Calculate your Body Mass Index (BMI) to guide your weight goals. Everyone is different, but by keeping your BMI within the 18.5-24.9 range, you may prevent a diagnosis or better manage your diabetes.

Eat a Healthy Diet

Plan your meals. You can learn to enjoy healthier foods! Choose to eat vegetables, fruits, healthy grains, and lean meats or nuts.



Be Physically Active

Getting regular physical exercise is key to maintaining your weight and good health! Try taking a brisk walk for 30 minutes each day or other enjoyable activities, like biking or gardening

You may be more at risk of type 2 Diabetes if you...

- Are overweight or obese
- Choose less healthy foods and/or aren't physically active
- Are older than 40 years old
- Have a parent or sibling who has or had type 2 diabetes
- Have had diabetes during a past pregnancy

