

# 3 Steps to Preventing or Managing Type 2 Diabetes

1



## 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.

2



## 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.

3



## 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

