

Step by Step

HOW TO PREVENT TYPE 2 DIABETES

The Road to Health Toolkit provides materials to start a community outreach program to help people prevent or delay type 2 diabetes.

Understand diabetes

Know how type 2 diabetes can be prevented

There are changes you can make to your lifestyle that can help you prevent type 2 diabetes.



Understand type 2 diabetes

Learning how diabetes can affect your body is an important first step to preventing it.

Learn what risk factors you have

Even if you are high risk, you can prevent or delay type 2 diabetes.



Make healthy food choices

Manage portion sizes

The types of food and how much of it you eat makes a difference.



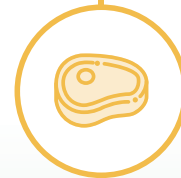
Read food labels

Noticing the serving size and the amounts of nutrients in a food can help you make healthier choices.



Choose healthy fats over unhealthy fats

Knowing the different types of fats and the foods they are in can help you know what foods to limit.



Balance carbs

Choose less processed carbs that have vitamins, minerals, and fiber along with energy.

Try the traffic light method

Dividing foods into categories is a great way to track healthy choices for meals and snacks.



Eat out smarter

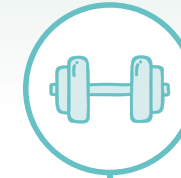
Practice making healthy choices when you eat out can help you get on the road to better health.



Become physically active

Get active and keep track of your movement

Aim to get 30 minutes of physical activity 5 days a week.



Plan for challenges

Making lifestyle changes is hard. It can get easier if you plan for what might get in your way.



Set goals that work for you

Break up big goals into smaller steps and take it one step at a time.



Preventing type 2 diabetes



Reward your achievements

Celebrate success, no matter how small.