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**
  - Try getting one new fruit or **vegetable** every time you grocery shop.
- **#29**
  - Low-fat macaroni and cheese can be a main dish. Serve it with your favorite vegetable and a salad.
- **#30**
  - Try eating foods from other countries. Many dishes contain more vegetables, **whole grains** and beans and less meat.
- **#31**
  - Cook with a mix of spices instead of salt.
- **#32**
  - 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.
- **#33**
  - Always keep a healthy snack with you, such as fresh fruit, handful of nuts, whole grain crackers.
- **#34**
  - Choose veggie toppings like spinach, broccoli, and peppers for your pizza.
- **#35**
  - Try different recipes for baking or **broiling** meat, chicken and fish.
- **#36**
  - Try to choose foods with little or no added sugar.
- **#37**
  - 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.
- **#38**
  - 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.
- **#39**
  - Don’t grocery shop on an empty stomach. Make a list before you go to the store.
- **#40**
  - Read food labels. Choose foods low in saturated fats, **trans fats**, cholesterol, salt (sodium), and added sugars.
- **#41**
  - **Fruits** are colorful and make a welcome centerpiece for any table. Enjoy the company of family and friends while sharing a bowl of fruit.
- **#42**
  - 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.
- **#43**
  - 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.**
  - 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.
- **#46**
  - Find mellow ways to **relax**—try deep breathing, take an easy paced walk, or enjoy your favorite easy listening music.
- **#47**
  - Give yourself daily “pampering time.” Honor this time, whether it’s **reading** a book, taking a long bath, or meditating.
- **#48**
  - 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**
  - **#52**
    - ________________________
  - **#53**
    - ________________________
  - 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.