



DIABETES PREVENTION

WHAT IS DIABETES? Diabetes means the amount of glucose, also called sugar, in your blood is higher than normal. Glucose is a form of sugar that your body uses for energy. Too much glucose in your blood can damage your body over time.

PREVENTION MATTERS: When it comes to Type II Diabetes – the most common type of diabetes – **prevention is a big deal.** Diabetes can affect any part of your body; including your eyes, kidneys, nerves, feet, digestion, dental health and sexual health.

Changing just one aspect of your life, such as eating healthier or being more active, can cut the odds that you will develop diabetes.

WHAT CAN I DO?

- **Health Coaching:** Contact a Health Coach to discuss your daily habits and wellness goals for you! Call 866-511-0360 ext. 5099 or email HealthCoach@HealthCheck360.com
- **Weight Loss:** At least 5-10% of your starting weight can prevent or delay diabetes or even *reverse* prediabetes.
- **Start an Exercise Routine:** This can balance out your body and help with weight loss goals. Also, sweating out salt can help you reduce your sugar cravings and make better nutrition choices!
- **Nutrition Changes:** This is a big one! Eating a balanced diet with lean proteins, healthy fats, and **HEALTHY** carbohydrates is so important.
 - **Healthy Carbs:**
 - Choose: Whole grains, beans, non-starchy vegetables (avocado, broccoli, carrots, dark leafy greens, peppers, asparagus, onions, Brussel Sprouts, cauliflower, cabbage, sweet potatoes, or squash), and fruits (apples, berries, plums, cherries, citrus, kiwi, or grapes).
 - Avoid: Potatoes, rice, white flour, and white flour products.
 - **Drinks:**
 - Choose: Water, milk, unsweetened tea, or black coffee.
 - Avoid: Soda, fruit juice, sports drinks (like Gatorade), sweetened tea, and coffee creamer.
 - **REAL Foods:**
 - Avoid processed foods! The yogurt or protein bar that you think is healthy, could have 20-30 grams of sugar in one serving. Added sugars contain many calories with **NO** essential nutrients.