

50 ways to PREVENT diabetes

Diabetes is a serious disease which affects the way the body uses food for growth and energy.

Pre-diabetes is a condition in which your blood sugar levels are higher than normal, but not high enough to be called diabetes. Having pre-diabetes puts a person at risk for having type 2 diabetes.

Diabetes doesn't go away once you have it, so it is better to prevent it in the first place.

Taking small steps will lead to a healthier life in the long run.

MaineHealth
Target Diabetes Program
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Smaller Meal Sizes

Portion size is the amount of food you eat, such as 1 cup of fruit or 6 ounces of meat. If you are trying to eat smaller portions, eat a half of a bagel instead of a whole bagel or have a 3-ounce hamburger instead of a 6-ounce hamburger. Three ounces is about the size of your fist or a deck of cards.



- 1 Put less on your plate; eat a smaller meal.
- 2 Keep meat, poultry, and fish servings to about three ounces (about the size of a deck of cards).
- 3 Make less food look like more by serving your meal on a salad or breakfast plate.
- 4 Try not to snack while cooking or cleaning the kitchen.
- 5 Try to eat meals and snacks at regular times every day.
- 6 Eat breakfast every day.
- 7 Eat low salt foods.
- 8 Share your desserts.
- 9 When eating out, have a big vegetable salad, then split an entrée with a friend or have the other half wrapped to go.
- 10 Stir fry, broil, or bake with non-stick spray or low sodium broth and try to cook with less oil and butter.
- 11 Drink a glass of water or other “no calorie” drinks 10 minutes before your meal to take the edge off your appetite.
- 12 Make healthy choices at fast food restaurants. Try grilled chicken instead of the cheeseburger. Skip the french fries or replace the fries with salad.



50 ways to

Reduce Portion Sizes *(cont.)*

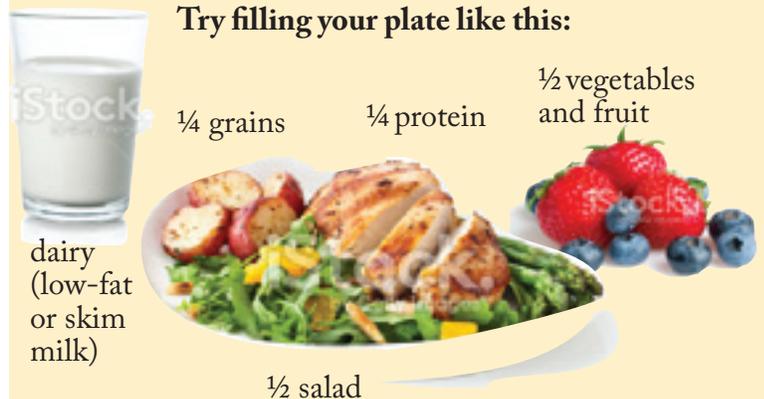
- 13 Listen to music while you eat instead of watching TV (people tend to eat more while watching TV).
- 14 It takes 20 minutes for your stomach to send a signal to your brain that you're full. Eat slowly.
- 15 Sometimes it is a good idea to weigh or measure your food to keep portion sizes from getting too big.
- 16 Teaspoons, salad forks, or child-size utensils may help you take smaller bites.
- 17 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.

Make Healthy Food Choices

- 18 Snack on a variety of raw vegetables.
- 19 Buy at least one new fruit or vegetable every time you grocery shop.
- 20 Serve vegetables and a salad with your favorite main dish.
- 21 Eat foods from other countries. Many dishes contain more vegetables, whole grains and beans, and less meat.
- 22 Cook with a variety of spices instead of salt.
- 23 Drink plenty of water throughout the day.
- 24 Always keep a healthy snack with you.
- 25 Choose veggie toppings like spinach, broccoli and peppers for your pizza.
- 26 Try different recipes for baking or broiling meat, chicken, and fish.
- 27 Try to choose foods with little or no added sugar.

How Much Should I Eat?

Try filling your plate like this:



PREVENT

diabetes



- 28 Work your way down from whole milk to 2% milk to 1% milk until you're drinking and cooking with fat free (skim) milk.
- 29 Try writing down what you eat for a week. It can help you see when you tend to overeat or eat foods high in fat or calories.
- 30 Don't grocery shop on an empty stomach and make a list before you go.
- 31 Eat foods made from a variety of whole grains such as whole wheat bread, brown rice, oats, and whole grain pasta- every day. Use whole grain bread for toast and sandwiches; substitute brown rice for white rice for home-cooked meals and when dining out.
- 32 Read food labels. Choose foods with lower fat, saturated fat, calories, and salt.
- 33 Fruits are colorful and make a welcoming centerpiece for any table. Have a nice chat while sharing a bowl of fruit with family and friends.
- 34 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.



Add More Physical Activity

Want to start moving more, but don't know how? It doesn't have to be hard or boring. If you are not very active, start off slowly with an activity that gets you moving for 10 minutes 5 days a week and build up to the recommended 30 minutes.

- 35 Moving your body, even for a few minutes a day, is a healthy start to becoming more fit.
- 36 Walk. It is one of the best ways to increase your activity. There are many ways to add walking to your day.
- 37 Stretch at home or work.
- 38 Deliver a message in person to a co-worker instead of e-mailing.
- 39 Take the stairs whenever possible, or take the stairs as far as you feel comfortable and then take the elevator.
- 40 Make fewer phone calls. Catch up with friends during a regularly scheduled walk.





Add More Physical Activity *(cont.)*

- 41 March in place while you watch TV.
- 42 Park as far away as possible from your favorite store at the mall.
- 43 Select an exercise video from the store or library.
- 44 It doesn't matter what you do as long as you enjoy it. Try different things so you don't get bored.

Nurture Your Mind, Body, Soul

- 45 Take a deep breath. Honor your health as your most precious gift.
- 46 Don't try to change your entire way of eating and exercising all at once. Try one new activity or food a week.
- 47 Find ways to relax—try deep breathing, take a leisurely walk, or enjoy your favorite easy listening music.
- 48 Give yourself daily “pampering time” and honor this time like any other appointment you make... whether it's spending time reading a book, taking a long bath, or meditating.
- 49 Try not to eat out of boredom or frustration. If you're not hungry, do something else. Explore new hobbies and interests.
- 50 Get help. You don't have to prevent diabetes alone. Ask family and friends to help you out. You can help each other to move more, eat less, and live a healthier life.



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