

WHAT IS PREDIABETES?

Prediabetes is a condition that comes before diabetes. It means your blood glucose (sugar) ranges are higher than normal but aren't high enough to be called diabetes.

You may not have symptoms of prediabetes. So you can have it and not know it.

If I have prediabetes, what does it mean?

It means you are at a higher risk of type 2 diabetes. You are also at higher risk for heart disease.

The good news is that you can take steps to delay or prevent type 2 diabetes.

How can I delay or prevent type 2 diabetes?

- Get enough physical activity each day.
- Lose weight if you need to. Losing even a few pounds will help.
- Take your medication, if your doctor prescribes it.

If you have prediabetes, these steps may bring your blood glucose to a normal range. But you are still at a higher risk for type 2 diabetes.

REGULAR PHYSICAL ACTIVITY CAN DELAY OR PREVENT DIABETES.

Being active is one of the best ways to delay or prevent type 2 diabetes. It can help you maintain or keep extra weight off, lower your blood pressure, and improve your cholesterol levels.

One way to be more active is to walk for half an hour, five days a week. If you don't have 30 minutes all at once, take shorter walks during the day.

WEIGHT LOSS CAN DELAY OR PREVENT DIABETES.

Reaching a healthy weight can help you a lot. If you're overweight, any weight loss, even 7 percent of your weight (for example, losing about 15 pounds if you weigh 200), may lower your risk for diabetes.



MAKE HEALTHY CHOICES

Small steps add up to big rewards. Here are some small steps that can go a long way toward building healthy habits.

- Avoid or cut back on regular soda and juice. Have water or try calorie-free drinks.
- Choose lower-calories snacks, such as a small piece of fruit, in place of chips.
- Include at least one vegetable every day for dinner.
- Watch out for high-calorie salad toppings—the calories can add up fast.
- Choose fruit instead of cake, pie, or cookies.
- Eat smaller servings of your usual foods.
- When eating out, share your main course with a friend or family member. Or take half of the meal home for lunch the next day.
- Roast, broil, grill, steam, or bake instead of deep-frying or pan-frying.
- Be mindful of how much fat, butter, and oil you use in cooking.
- Avoid foods high in saturated fat, such as butter, lard, and shortening.
- Use healthy oils, such as canola, olive, and vegetable.
- Try plant-based proteins such as beans or lentils in place of meats.
- Choose fish at least twice a week.

- Eat lean meats, such as the round or loin cuts, or chicken without the skin.
- Cut back on processed meats that are high in fat and sodium. These include hot dogs, sausage, and bacon.
- If you eat desserts and treats, such as ice cream, cake, and cookies, cut back on your portion size. Try saving these for special occasions.

TRACK YOUR PROGRESS

Write down what and how much you eat and drink for a week. Writing things down can help you become more aware of how much you are eating and can help you see where you could make some better choices. Take note of the easier changes you can make to reduce your calories and start there.

SUMMING IT UP

Diabetes is a common, but serious, disease. You can delay or even prevent type 2 diabetes by increasing your activity and losing weight.

Get Started

- Be more physically active.
- Make a plan to lose weight.
- Track your progress.

Get Checked

If you're not sure whether you have prediabetes, ask your doctor about getting tested at your next visit.



The American Diabetes Association® is here to help. For more information, visit us at diabetes.org or call **1-800-DIABETES** (800-342-2383).