

# Prediabetes: Healthy Changes You Can Make

Prediabetes can be a scary thing to hear your doctor say.

But think of it as an early warning and a chance to start taking steps down a different path— away from diabetes.

You can make two important changes that can help keep you from developing type 2 diabetes: One is eating balanced meals, and the other is moving more.

Any changes you make, no matter how small they feel, add up and can help you reach your health goals.

And you can start as soon as your next meal.

First, focus on eating balanced meals.

Here are four ways to do that.

Eat more fruits and lower carb veggies.

Try to eat less sugar.

Choose whole grains instead of refined grains.

And pick whole foods instead of processed foods that come in packages.

For breakfast, that might mean choosing scrambled eggs with veggies instead of sweetened cereal.

Or skip the juice and snack on a whole apple.

At lunch or dinner, add a side salad.

Use your imagination and try swapping in some of your favorite healthy things.

Ask your doctor about working with a dietitian.

A dietitian can help you plan meals and snacks that fit your lifestyle.

Along with balancing your meals, try moving more throughout your day.

First, find an activity you like doing.

Then combine it with something you already do each day.

For example, if you like walking, add more steps by getting off the bus at an earlier stop or parking farther away than usual.

Or maybe you could squeeze in a walk on your break.

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Make it more fun by listening to a book, program, or music.

Whatever activity you choose, aim for 20 minutes of movement spread throughout each day.

That can be 10-minute walks after lunch and after dinner, or 5-minute walks twice in the morning and twice in the afternoon.

Split it up any way that works for you.

Every minute you spend moving counts, including walking, playing, and other exercise.

By eating balanced meals and moving more, you're making healthy changes.

And those changes can help delay— or even prevent—type 2 diabetes.

It'll take time, and you won't see results overnight, but every little change adds up.

Just take it one meal and one step at a time.