

Step by Step

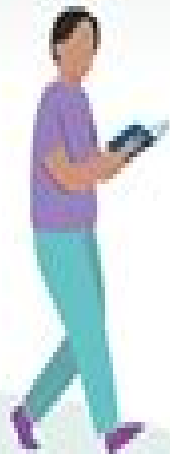
HOW TO PREVENT TYPE 2 DIABETES

The Road to Health Toolkit provides materials to start a community outreach program to help people prevent or delay type 2 diabetes.

Understand diabetes

Know how type 2 diabetes can be prevented

There are changes you can make to your lifestyle that can help you prevent type 2 diabetes.



Make healthy food choices

Manage portion sizes

The types of food and how much of it you eat makes a difference.



Read food labels

Noticing the serving size and the amounts of nutrients in a food can help you make healthier choices.



Balance carbs

Choose less processed carbs that have vitamins, minerals, and fiber along with energy.



Try the traffic light method

Dividing foods into categories is a great way to track healthy choices for meals and snacks.



Become physically active

Get active and keep track of your movement

Aim to get 30 minutes of physical activity 5 days a week.



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