

What is Pre-Diabetes?

Pre-diabetes means that your blood sugar level is higher than normal, but not yet high enough to be diagnosed with diabetes.

AM I AT RISK?

You may be at risk for pre-diabetes if you:

- Are over 45 years of age.
- Are overweight.
- Have a parent or sibling with diabetes.
- Had gestational diabetes during pregnancy.
- Are not physically active at least three times a week.

CAN IT BE PREVENTED?

YES! Lifestyle changes including modest weight loss, good nutrition and regular exercise can prevent pre-diabetes. Research also shows that these changes can prevent or delay type 2 diabetes in over half of patients with pre-diabetes.





TIPS TO REVERSE PRE-DIABETES

- ✓ Move more – take a walk after dinner, stand up while talking on the phone, walk to your co-workers desk rather than use e-mail, jog in place or stand and stretch during TV commercials. Move when sitting after 30 minutes. Remember, every step counts.
- ✓ Think high quality protein foods and produce – try to add a quality protein (chicken, fish, egg, tofu) and fresh vegetables in every meal.
- ✓ Water is the way to go – replace juice, soda and sugary drinks with water.
- ✓ Just say “No” – politely refuse the extra serving at the family dinner and the powdered donut from a co-worker. Friends and family often have good intentions, but practice saying “No thank you” to stay on track.
- ✓ Size matters – be mindful of your portion sizes.
- ✓ Get more information – Meet with a registered dietitian/nutritionist (RDN) to develop a plan that meets your needs. Visit <http://www.eatright.org/find-an-expert> to find a registered dietitian/nutritionist (RDN) near you.
- ✓ Use a registered dietitian/nutritionist (RDN)



© 2015 Diabetes Care and Education Dietetic Practice Group. Permission to reproduce for non-profit educational purposes granted through 2017.

For a referral to a registered dietitian/nutritionist (RDN) and for additional food and nutrition information, visit the Diabetes Care and Education Practice Group at www.dce.org or the Academy of Nutrition and Dietetics at www.eatright.org, or 1-800-877-1600.