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)