



# 12 ways to prevent prediabetes

**These tips will help you move more and make healthy food choices every day.**

- 1. Get your steps in.** Take the stairs instead of the elevator and find spots closer to the back of parking lots when you run errands. Aim for 5,000 steps a day at first and build up to 10,000.
- 2. Make the most of short breaks.** When you have a few free minutes, take a quick walk around your home, or do some sit-ups.
- 3. Get your friends and family involved.** Set a regular walking date, or do something else that everyone enjoys.
- 4. Shoot for 2–3 strength training sessions a week.** Hand weights and stretch bands are an easy option to have in your home.
- 5. Get colorful.** Eat a variety of colorful vegetables and fruit every day.
- 6. Choose whole-grain foods.** Incorporate foods such as whole-wheat bread and crackers, oatmeal, brown rice, and whole-grain cereals into your diet.
- 7. Avoid getting too hungry.** Try eating a healthy snack between meals, such as a small apple, orange, or raw carrots.
- 8. Lower your fat intake.** Broil or bake poultry, meats, and fish instead of frying.
- 9. Lighten your recipes.** Use nonfat or low-fat milk, yogurt, cheese, sour cream, cream cheese, or mayonnaise. Use cooking spray instead of oil.
- 10. Read food labels.** You may be surprised by the total calories, fat, and sugars in foods you eat regularly.
- 11. Limit sugar-sweetened drinks.** Even naturally occurring sugars in 100% fruit juice may raise your risk of prediabetes.
- 12. Drink more water.** For extra flavor, infuse your water with strawberries or cucumber slices.



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