5 Simple Changes to **Prevent Diabetes**

A few simple lifestyle changes can help you prevent or reverse prediabetes.

Use these 5 tips to help you move more and make healthy food choices every day—and to help you dodge diabetes:

1. **Get your friends and family involved.** Set a standing walking date, or do something that everyone enjoys.
2. **Track your steps.** Invest in an inexpensive, wearable activity tracker that counts your steps per day. Start with aiming for 5,000 steps, and build up to 10,000 per day.
3. **Learn to read food labels.** You may be surprised by the total calories, fat, and sugars in foods you eat regularly.
4. **Limit sweets, especially sugar-sweetened drinks.** Even the naturally occurring sugars in 100% fruit juice may raise your risk for diabetes.
5. **Do not keep chips, cookies, or candy in your home.** Keep raw veggies, fruit, low-fat or nonfat yogurt, or a handful of nuts, pumpkins seeds, or sunflower seeds on-hand for healthy snack options.

Want more?

For more ideas for simple changes you can make to prevent diabetes, visit **PacificSource.com/preventdiabetes.**

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