



# TREATING PRE-DIABETES

**Prediabetes does not necessarily lead to type 2 diabetes, follow these tips to get your blood sugar under control**

- 1) Achieve and maintain a weight appropriate for your height and build.**
- 2) Engage in regular cardiovascular exercise and strength training to aid with weight management and body recomposition (i.e. decreasing fat mass and increasing or maintaining lean muscle).**
- 3) Consume a mix of minimally processed high carbohydrate foods with fiber, like fruits, vegetables, whole grains, and lentils.**
- 4) Be sure to get your protein in, preferably with eggs, fish, lean poultry, beans, and nuts.**
- 5) Include healthy fats from olive and canola oils, nuts, seeds, wheat germ, and/or fatty fish.**
- 6) Find ways to avoid or manage stress, perhaps through meditation or simply chatting with a friend.**
- 7) Aim for 7-8 hours of uninterrupted sleep each night.**
- 8) Keep a journal detailing your dietary intake, exercise, stress levels, sleep and blood sugar to identify lifestyle changes.**