

TREATING PREDIABETES

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.



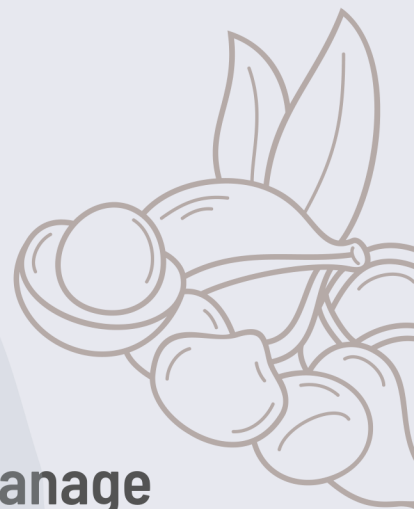
2) Engage in regular cardiovascular exercise and strength training to aid with weight management and body composition, decreasing fat mass and increasing lean muscle.

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.

