



Strategies for Eating Well

- **Start with smaller portions.** You may be eating more servings than you realize. Use measuring cups to learn how much is in a serving of cereal or pasta. For meat, 1 serving is about the size of a card deck. Gradually cut back on the number of servings you eat. ***You can do this!***
- **Control appetite.** Track your eating patterns. Record each time you overindulge or eat when you're not hungry. *Tips:*
 - Have breakfast to steady your blood sugar and control hunger later.
 - Have a fruit or vegetable before dinner. The bulk may ease your appetite.
 - Eat high-fiber, whole-grain breads and cereals. The body digests these foods slowly, making you feel fuller longer than if you eat refined versions.
 - Avoid the kitchen when you're feeling down.
- **Eat smarter.** Reducing your daily diet by 100 to 200 calories can result in gradual weight loss that stays off. *Tips:*
 - Skip a cookie, soft drink or glass of wine each day.
 - Order a salad and healthful appetizer instead of a heavier entrée when dining out.
 - Include small amounts of high-protein foods at each meal to supply lasting energy.
 - Steam, broil or bake foods rather than frying with fat.
 - Slim down your coffee with skim milk.

Adopt as many of these dietary habits as you can — they're aimed at improving your blood sugar as well as weight control. And be sure to consult your health care provider and dietitian about selecting the best meal plan for you.

Blood Sugar Basics

Blood sugar has its daily ups and downs, depending on what you eat, your level of physical activity and how well your body processes blood sugar (glucose). Eating strategies that help stabilize your blood sugar:

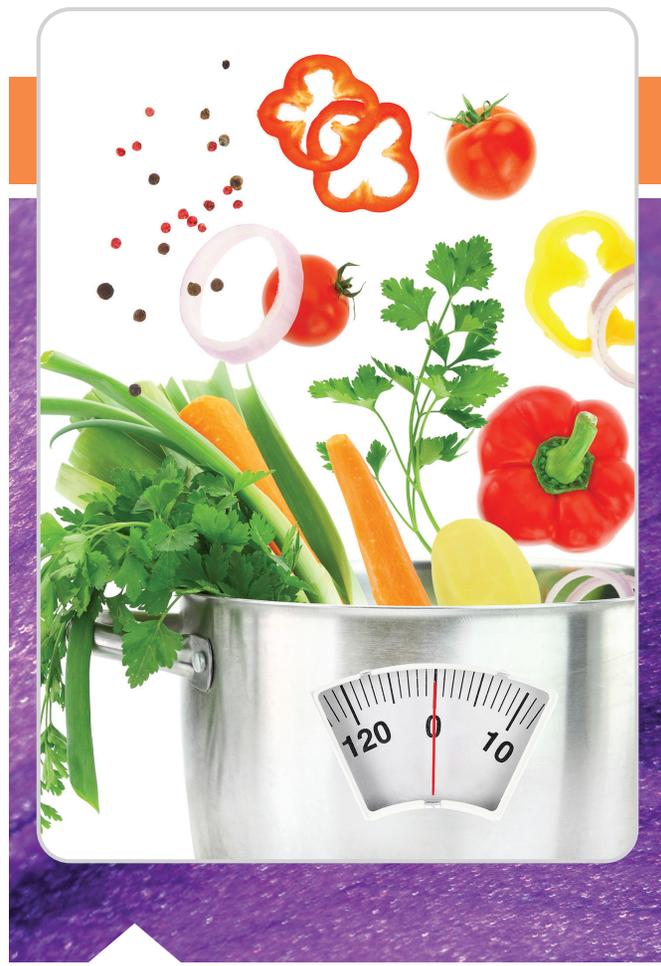
- **Divide your plate in half.** Fill one-half with fruits and vegetables. Split the other half between protein (e.g., lean meat, fatty fish, beans) and grains (make at least half the grains you eat whole).
- **Limit sweets.** Try to choose foods with little or no added sugar, and make sure they don't exceed your daily carbohydrate goal. To help satisfy your sweet tooth, try adding 1 new fruit to your cart every time you shop for groceries.
- **Go with the (whole) grain.** Eat foods made from a variety of whole grains such as whole-wheat bread, brown rice and unrefined oats. Use whole-grain bread for toast and sandwiches, and substitute brown rice for white.
- **Avoid ups and downs.** Keep blood sugar levels steady by keeping a healthy snack with you, such as carrot sticks or low-fat cheese.

get fit! **Don't forget:** Raise your level of physical activity, which helps lower blood sugar levels. Try walking farther for your errands; parking in a far corner of the mall parking lot; and taking stairs instead of elevators.

Prediabetes



What You Need to Know



This brochure is intended to promote healthy habits. It is not intended as a substitute for medical advice or professional care. Before making significant changes to diet or exercise, consult your health care provider. Personal Best*. © 2023 Ebix Inc. All rights reserved. Physician reviewed. BHW27221

Prediabetes

What You Need to Know

Chances are you've heard of diabetes and know someone who has it. But do you know about prediabetes?

Prediabetes is a condition that signals an increased risk for developing type 2 diabetes. Prediabetes occurs when blood sugar levels are higher than normal but not yet high enough to be diagnosed as diabetes. A diagnosis of prediabetes is made when the fasting blood sugar level is between 100 and 125 milligrams per deciliter. (Levels of 126 and higher are considered indicative of diabetes.)

The good news is that early detection puts you in the driver's seat for preventing or delaying type 2 diabetes. You can get your blood sugar within healthy levels with practical changes and regular checks. Learn more from the tips in this brochure.

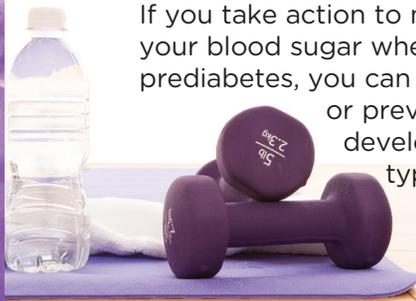
Know the Facts

- ✓ Diabetes begins as a silent disease.
- ✓ Symptoms start gradually.
- ✓ Family history plays a major role.
- ✓ Excess weight and a sedentary lifestyle add risk.
- ✓ Ethnic minorities are at higher risk.

Defense for Type 2 Diabetes

Start with healthy lifestyle habits that focus on weight control, exercise and nutrition.

If you take action to manage your blood sugar when you have prediabetes, you can help delay or prevent the development of type 2 diabetes.

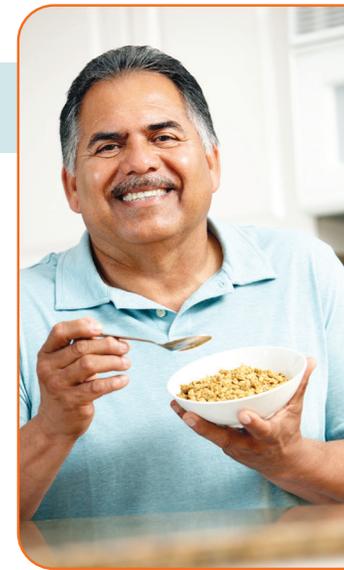


Take Charge

Add Years to Your Life And Life to Your Years

If you've been diagnosed with prediabetes, lifestyle changes are the best approach.

The good news: You can make these changes. But if you're on the path to type 2 diabetes and you have weight problems, getting to an ideal body weight may seem as difficult as climbing Mount Everest. If this is the case for you, set your goal to become healthy and fit, rather than focus on major weight loss. **Start with small changes such as these.**



Did You Know?

A 5% to 10% weight loss combined with some type of moderate-intensity physical activity for 150 minutes weekly can cut your risk of developing diabetes in half. Healthier eating habits and regular physical activity, when begun early, can help return elevated blood glucose levels to the normal range.

4 Ways to Change Your Life, Starting Today

1. Eat less and move more.
2. Eat fruits and vegetables instead of processed convenience foods.
3. Start each day with breakfast; avoid skipping meals.
4. Learn how to eat healthy.



Need Help Changing the Way You Eat?

A registered dietitian (RD) can help you create a personalized meal plan, help you set realistic short-term and long-term goals, and help you stay on track. Insurance may cover the cost of visits to an RD when you have a referral from your health care provider.

Get Started With Low-Impact Exercise

Regular, low-impact exercise can give your body the physical activity it needs, without pounding your bones and joints.

Good starts: Walk, swim or ride a stationary bike most days, starting slowly and gradually, and increasing pace and distance.

Aim for at least 150 minutes of moderate-intensity physical activity (such as brisk walking) a week. Work up to this level gradually. Discuss significant changes in exercise with your health care provider first.

Tips for success:

1. Set realistic goals and take small steps.
2. Be physically active as much as possible.
3. Track your progress in a journal.

