

# Step by Step

## HOW TO PREVENT TYPE 2 DIABETES

The Road to Health Toolkit provides materials to start a community outreach program to help people prevent or delay type 2 diabetes.

### Understand diabetes

#### Know how type 2 diabetes can be prevented

There are changes you can make to your lifestyle that can help you prevent type 2 diabetes.



#### Understand type 2 diabetes

Learning how diabetes can affect your body is an important first step to preventing it.

#### Learn what risk factors you have

Even if you are high risk, you can prevent or delay type 2 diabetes.



### Make healthy food choices

#### Manage portion sizes

The types of food and how much of it you eat makes a difference.



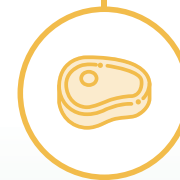
#### Read food labels

Noticing the serving size and the amounts of nutrients in a food can help you make healthier choices.



#### Choose healthy fats over unhealthy fats

Knowing the different types of fats and the foods they are in can help you know what foods to limit.



#### Balance carbs

Choose less processed carbs that have vitamins, minerals, and fiber along with energy.

#### Try the traffic light method

Dividing foods into categories is a great way to track healthy choices for meals and snacks.



#### Eat out smarter

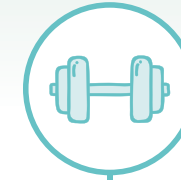
Practice making healthy choices when you eat out can help you get on the road to better health.



### Become physically active

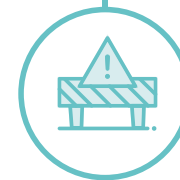
#### Get active and keep track of your movement

Aim to get 30 minutes of physical activity 5 days a week.



#### Plan for challenges

Making lifestyle changes is hard. It can get easier if you plan for what might get in your way.



#### Set goals that work for you

Break up big goals into smaller steps and take it one step at a time.



### Preventing type 2 diabetes



#### Reward your achievements

Celebrate success, no matter how small.