



Know What's in your food. Compare different nutrition labels on the package for the best nutrient choice versus buying your default brand.

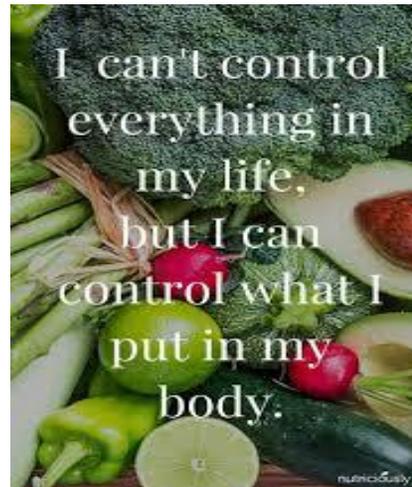
Healthy Tweaks to change your habits

- Use a salad plate versus a larger dinner plate.
- Ditch the soda for water or flavored water.
- Order small sizes versus large.
- Use a smart watch or other wearable device to track your steps and other activity levels versus estimating on your own.
- Take the stairs versus an elevator.
- If you smoke, count how many cigarettes or e-cigarettes you use in a day. Start by cutting "X" number of them out every day/week.

Mindful Eating

- Listen to your body and stop eating when you feel full.
- Don't eat and multitask
- Choose nutrient dense versus calorie dense
- Enjoy your food, eat slowly without distractions.
- Be aware how food effects your feelings and body.
- Appreciate your meal and choose foods that nourish your body.

Reference: www.mindful.org



References:
1. www.diabetes.org
2. <https://www.blueberrycouncil.org>
3. Ranganathan J, Vennard D, Waite R. Shifting diets for a sustainable food future. World Resources Institute website. https://www.wri.org/sites/default/files/Shifting_Diets_for_a_Sustainable_Food_Future_0.pdf



IT BEGINS WITH YOU

**PREDIABETES
PREVENTION**

**CREATING LIFE LONG
HEALTHY HABITS**



What is Prediabetes and can I prevent it?

Yes, it's preventable. If your doctor has informed you that your blood glucose is between 100 and 125 mg/dL or your A1C level is between 5.7 -6.4% then you have pre-diabetes.¹ This is your wake-up call to take action to prevent type II diabetes. If you hear the term "borderline diabetes" or "high sugar". See your clinician to confirm an accurate diagnosis since those terms are no longer used in practice.

Although changing habits can be hard and frustrating at times, but taking small manageable steps can help reduce your risk factors of:

- ❖ High Blood Pressure
- ❖ High Triglycerides levels
- ❖ Heart Disease
- ❖ Obesity
- ❖ Family history of diabetes

Which are associated with type II diabetes.

Reducing your Risks of Type II Diabetes

- Exercise with a buddy versus alone.
- Go for a walk after your morning or evening meal instead of sitting.
- Keep a gratitude journal with "I can" or "I will"
- Envision your best self.
- Set your own personal goals with a time-frame.

“There are no wrong choices;
there are only different
choices”

Susan Jeffers

Restaurant Strategies

- Make a game plan. Check websites for nutrition facts on food offerings.
- Make requests for substitutions. Ask for a side salad or fruit versus the default of fries.
- Slow down and enjoy every bite. Don't rush.
- Be portion savvy. Ask for a to-go box when your meal arrives and pack one half for leftovers the next day.
- Don't drink you calories. Limit alcohol intake.

When you're too busy or traveling

- Keep yogurt, hard boiled eggs, fruit, cheese, single oatmeal packets, peanut butter at work for those rush mornings.
- Stay at hotels that offer a gym or walking path. Carry a refillable water bottle. Pack workout clothes and a bathing suit. Take 30 minutes from your day to enjoy the hotel amenities



Blueberries - low in fat, a good source of fiber, packed with vitamin C and anti-oxidants

Plan out your Meals and Snacks

If you find yourself grabbing snack bags of chips or high sugary energy bars, take an evaluation of your upcoming week or schedule and take time to pre pack fresh fruits, nuts, cheese, yogurt in portion control containers. Have a chilled tote bag handy to carry your food in the car or at work for easy access.



Did you know by reducing your caloric consumption, you're not only becoming healthier by reducing your risk of chronic diseases, but you will be helping to create a sustainable food future?³ Eating more calories drives an increase use of agriculture and impacts the environment, especially with animal based farming.