

5 Tips to Manage Prediabetes

Prediabetes is a condition where the body becomes resistant to the hormone insulin and does not control blood sugar well. Overtime, this can lead to serious health problems. About one out of every three adults in the U.S. has prediabetes, and most (90%) of them do not know they have it. Without making lifestyle changes to improve their health, 15 - 30% of those with prediabetes will develop type 2 diabetes within 5 years. A healthy diet and daily exercise can help you prevent diabetes!

Hemoglobin A1c Level (blood sugar level)	
< 5.7%	Normal
5.7 - 6.4%	Pre-diabetes
6.5% or higher	Diabetes

Eat less calories & exercise more

A major study found that lifestyle modification—including losing 7% of body weight, exercising 150 minutes each week, and making dietary changes—was twice as effective (58%) as medicine (metformin, 31%) in preventing diabetes.¹ Dietary changes included:

- choosing healthier carbs
- eating fewer calories/day
- being more active
- eating more vegetables and fruit compared to other food
- drinking lots of water



Eat whole grains


Whole grains have high fiber content, which can slow down how fast your blood sugar rises. Eating *more* whole grain products and *less* refined grain products may *lower* risk of diabetes by 35 to 38%, while eating refined products may *increase* this risk by 31%.^{2,3} See *Whole Grains* handout.

Eat Less Refined Grains:
Pasta
White Rice
White Bread
Donuts/Pastries

Eat More Whole Grains:
Rolled Oats
Brown Rice
Whole Grain Breads
High Fiber Cereals

Eat nuts instead of refined carbs

Eating at least 5 servings of nuts each week—such as peanuts, almonds, walnuts, or cashews, or a tablespoon of peanut butter—may reduce risk of developing diabetes by 27%.⁴ A serving of nuts (1 ounce) is about 200 calories.

1 ounce of nuts = ¼ cup  = small handful



Drink water

Drink water instead of sugar-sweetened beverages.³ Even just one soda/day may increase the risk of developing diabetes by 31 to 83%.⁵ Artificial sweeteners may also elevate blood sugars and should be avoided.^{6,7}

Follow the Mediterranean diet

The Mediterranean diet—and particularly, extra virgin olive oil and nuts—may be effective in reducing the onset of diabetes by up to 52%, compared to a low fat diet.⁸ See the *Mediterranean Diet* handout.



ACTION PLAN



Which of the tips will you try? Circle them.



When will you start? _____



How confident are you that you will accomplish your goal (from 0-100%)?



Follow-up plan

References:

¹ DPP study (landmark study). NEJM 2002; 346:393.

² Am J Clin Nutr. 2003;77(3):622-9.

³ Am J Public Health 2000;90:1409-15.

⁴ JAMA. 2002;288(20):2554-2560. Nurses Healthy Study.

⁵ Physiol Behav. 2010 Apr 26;100(1):47-54 SSB Role.

⁶ Nature 2014; 514,181-186.

⁷ BMJ 2015;351:h3576. SR and metaanalysis, SSB.

⁸ The Predi-Med study. Diabetes Care 2001; 34:14.

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