

## Lose Weight and Lower Your Risk for Type 2 Diabetes



When spring arrives, people think about losing weight to fit into winter outdoor activities. If you are overweight, it is a great time to lose a small amount of weight **and** lower your risk for type 2 diabetes. The National Diabetes Education Program (NDEP) promotes the findings of a major study – that modest weight loss can reduce the risk of type 2 diabetes. Making healthy food choices that are lower in fat and calories and being physically active most days of the week can be keys to weight loss.

Take these small steps to lose weight and lower your risk for type 2 diabetes:

### **Set a weight loss goal you can meet before starting a weight loss plan.**

- Aim to lose at least 5 to 7 percent of your current weight – that's 10 to 14 pounds if you weigh 200 pounds.
- Keep track of your daily food intake and physical activity in a log book and review it every day to see how you are doing.

### **Choose a variety of healthy foods.**

- Eat more fruit – fresh, frozen, or canned fruits rather than drinking fruit juice for more fiber.
- Select a mix of colorful vegetables each day. Vegetables of different colors provide different nutrients. Choose dark, leafy greens such as kale, collards, and mustard greens, and reds and oranges such as carrots, sweet potatoes, red peppers, and tomatoes.
- Drink low-fat or fat-free milk or choose low-fat or fat-free cheese every day.
- Choose whole-grain cereals, breads, crackers, rice, pasta, oatmeal, or brown rice every day.
- Select lean meats and poultry and limit serving sizes to 3 ounces. Vary your protein choices by choosing more fish, beans, peas, nuts, and seeds.

### **Strive to become more physically active.**

- **Start off slowly.** If you are not active, start off with a physical activity for a few minutes on most days of the week. Slowly add more until you reach at least 30 minutes of moderate intensity physical activity five days a week.
- **Build physical activity into your day.** Take a brisk walk during lunchtime. Take the stairs instead of the elevator. Park farther away from the stores or your office.
- **Stretch it out.** Avoid stiff or sore muscles or joints by doing light stretches before and more vigorous stretches after physical activity.
- **Keep at it.** The longer you keep at it, the better you'll feel. Celebrate small successes.

To get your free copy of NDEP's *Your GAMEPLAN to Prevent Type 2 Diabetes* and more tips on how to lose weight to lower your risk of diabetes, contact NDEP at 1-800-438-5383 or <http://www.ndep.nih.gov> and click on the *Small Steps. Big Rewards. Prevent type 2 Diabetes.* campaign.

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