

## The 411 on Healthy Eating

You've heard it countless times before – eat healthy. Want to know what all the hype is about? Science has proven that if you lose a small amount of weight by eating healthier and being physically active 30 minutes a day 5 days per week, you can prevent or delay type 2 diabetes.

What exactly does “eat healthy” mean? Eating the same old bland tasting food day after day? Hardly. In the landmark Diabetes Prevention Program (DPP) study, participants achieved success by eating less fat and fewer calories and getting regular exercise.

The National Diabetes Education Program, sponsored by the National Institutes of Health (NIH) and The Centers for Disease Control and Prevention (CDC), has developed educational materials for many audiences and in several languages as part of the *Small Steps. Big Rewards Prevent type 2 Diabetes* campaign. Although there are lots of diet choices and weight-loss plans available, taking small steps to reduce fat and caloric intake and becoming more physically active is most likely to lead to successful weight loss—and helps to keep the weight off as well.

Here are some tips for eating healthier and getting you on the road to diabetes prevention:

- Eat a variety of fruits and vegetables. A serving is one medium- sized fruit; ¼ cup of dried fruit; 1 cup leafy vegetables; ½ cup raw, cooked, frozen or canned fruits or vegetables. Buy a new fruit or vegetable during each shopping trip. Try eating at least one serving of a fruit and vegetable at each meal.
- Choose water instead of regular sodas or fruit drinks.
- Instead of fried chicken, try it grilled or baked. Instead of french fries or potato chips, slice a few potatoes, sprinkle them with a little oil, salt, and pepper, and bake them in the oven.
- Curb your craving for dessert or a sweet snack by eating a piece of fruit.
- Instead of salty, fat-filled snacks, eat crunchy veggies with low or reduced fat dip.

For more tips and free materials on diabetes prevention, visit <http://www.ndep.nih.gov> or call **1-800-438-5383** and ask for “More Than 50 Ways To Prevent Diabetes.”