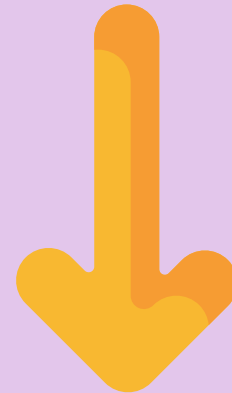


Pre-Diabetes/Type 2 Diabetes: Lower Your Blood Sugar and A1C



It is never too late to start

- Adopt a meal plan high in fruits, vegetables, and whole grains such as the "Mediterranean Diet"
- If you are overweight or obese consult your practitioner to create a weight loss plan
- Attempt 30min of moderate-intensity physical activity 5 days per week

Pre-Diabetes

- Try to prevent the progression of pre-diabetes into diabetes using the steps above
- Begin regular follow up appointments with your doctor

Diabetes

- Start medical nutrition therapy (included in medicare)
- Continue regular follow up appointments with your doctor

For more information visit www.mededmaterials.org

Sources: <https://www.niddk.nih.gov/health-information/diabetes/overview/diet-eating-physical-activity>,
<https://www.aafp.org/pubs/afp/issues/2017/0915/p362.html#afp20170915p362-t1>

Disclaimer: Med Ed Materials, 2023. This information is intended to supplement, not contradict, the medical advice of your practitioner. For questions or more info, contact your practitioner.

