

## Are you at risk for Type 2 Diabetes?

1 in 3 Americans have prediabetes and most people are unaware that they have the condition. Prediabetes is a health condition where a person's blood sugar level is higher than normal but not high enough to be diagnosed with diabetes. If you have prediabetes, you are at risk for developing type 2 diabetes, as well as heart disease and stroke.

Prediabetes is reversible! It is important to know if you have prediabetes so you can take action to reverse it. Your health care provider can take a blood test to help with diagnosis.

**Assess your risk at [cdc.gov/prediabetes/risktest](https://cdc.gov/prediabetes/risktest)**

### Measuring Blood Sugar

The A1c blood test measures blood sugar levels and is one of the tests used to diagnose diabetes and prediabetes.

**Normal:** below 5.7%

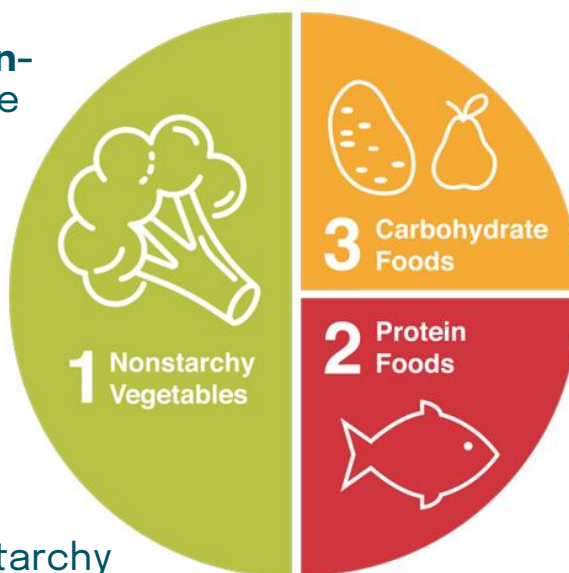
**Prediabetes:** 5.7% – 6.4%

**Diabetes:** 6.5% or higher

## The Diabetes Plate Method

One way to reverse prediabetes is by making changes to your eating habits. Use the Diabetes Plate Method as a tool to plan your meals. The Diabetes Plate Method is based on a 9-inch plate and can help you manage portion size and blood sugar levels.

- 1. Half your plate is non-starchy vegetables** like leafy greens, peppers, asparagus, or broccoli
- 2. One-quarter of your plate is lean protein** like eggs, fish, poultry, lean cuts of red meat, or tofu.
- 3. One-quarter of your plate is carbohydrates** like whole grains (brown rice, quinoa), beans, or starchy vegetables.



*Image from the  
American Diabetes Association*

### On the side:

**Dairy**

**Fruit**

**low-fat dairy** like skim or 1% milk, reduced-fat cheese, and yogurt

**whole, fresh or frozen fruit** like kiwis and berries

Contact your local extension office to learn which programs are being offered in your area.

Find your local office at [ext.vt.edu/offices.html](https://ext.vt.edu/offices.html) or scan the QR code.



# Tips for Diabetes Prevention

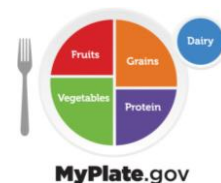
## 1. Rethink Your Drink

Limit sugar-sweetened beverages like soda, sports drinks, and juice. Instead, add more water to your day and choose unsweetened or lightly sweetened options like coffee or tea.



## 2. Consider Portion Sizes

Limit portion sizes by using MyPlate and Nutrition Facts Labels. Meals should be a balance of carbohydrates, proteins, and healthy fats.



## 3. Choose Whole Grains

Choose whole grains options such as whole-wheat bread or pasta. Whole grains are high in fiber and help control blood sugar levels. Aim to choose whole grains at least half of the time.



## 4. Fuel with Fiber

Foods high in fiber, like non-starchy vegetables, whole grains, legumes, and fruits, take longer to digest, keep you full longer, and help control rises in your blood sugar levels.



## 5. Choose Healthy Fats

Using unsaturated fats when cooking, instead of saturated fats, can help prevent Type 2 diabetes. Try cooking with liquid oils like olive oil instead of butter or margarine.



## 6. Eat Lean Meats

Consume lean meats like fish or chicken instead of red meats and processed meats. Choosing lean proteins can help lower the risk of Type 2 diabetes.



## 7. Move More Often

Moving your body can promote weight loss, lower blood sugar, and support overall health. Try to be physically active at least 30 minutes a day, 5 days per week.



## 8. Remember Your Why

Making a change takes work. Remember who and what motivates you to prevent Type 2 diabetes as you work to live a healthy lifestyle.



The **VCE Diabetes Prevention Program** can help you put these tips into action in a supportive learning environment. Scan the QR code or go to [ext.vsu.edu/dpp](https://ext.vsu.edu/dpp) to learn more about the VCE Diabetes Prevention Program.

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