



BETTER control

Be in the driver's seat with diabetes

While type 1 diabetes is largely hereditary, there are specific things you can do to help prevent type 2 diabetes. The most important thing is to manage your weight. Extra pounds affect how insulin works in the body, and that's what leads to diabetes. Regular exercise and a balanced diet are the goal; here are some tips:

Start small.

Small dietary changes can go a long way: For example, eating two servings of whole grains a day may lower your risk for type 2 diabetes.

Stay in control.

Low blood sugar levels can cause sudden mood swings in some people, and cause you to overeat at your next meal, so don't go too long without a healthy snack.

Walk on.

Walking 30 minutes at least 5 days a week can lower your risk for type 2 diabetes, or help you manage symptoms if you have the condition.

LEARN MORE

Visit kp.org/bettercontrol for more on preventing and living well with diabetes.

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