HEALTHY HABITS TO PREVENT DIABETES

PLATE METHOD
- Most the time make 1/2 your plate colorful vegetables & eat fruit as a snack!
- Make 1/4 your plate whole grains, legumes, or starchy veggies
- Make the other 1/4 your plate lean meat/protein

PLATE SIZE
Choose a plate that is about 8-9 inches in diameter for your main meal.

DRINKS
Opt for drinks low in sugar such as sparkling water, crystal light, unsweetened tea, coffee, and milk.

GET ENOUGH SLEEP
7-8 hours every night is ideal.

BE ACTIVE
Aim for at least 150 minutes of moderate physical activity per week!

Ask your doctor about your A1C. Speak with a Registered Dietitian Nutritionist (RDN) for individualized nutrition help.