

Type 2 Diabetes is Preventable

Take Action now

Learn about your risk factors and what you can do to prevent diabetes

You are at risk of developing type 2 diabetes if

- one of your family members has diabetes
- you are overweight or obese
- you are physically inactive and consume unhealthy foods

Your risk also increases with age and high blood pressure

Adopting a healthy lifestyle can greatly reduce your risk

Below are healthy eating tips based on the International Diabetes Federation recommendations

1. Choose water, unsweetened coffee or tea instead of fruit juice, soda, or other sugar sweetened beverages.
2. Eat **at least** three servings of vegetable every day, including green leafy vegetables.
3. Eat up to three servings of **fresh fruit** every day.
4. Choose a **small handful** of **plain unsalted** nuts, a piece of fresh fruit, or **unsweetened** yoghurt for a snack.
5. Choose lean cuts of white meat, poultry or seafood instead of red or processed meat.
6. Choose whole-grain bread, brown rice, or pasta made of whole-grain instead of white bread, rice, or pasta.
7. Choose unsaturated fats (olive oil, canola oil, corn oil, or sunflower oil) instead of saturated fats (butter, ghee, animal fat, coconut oil or palm oil)

The IDF also recommends that you exercise 3 to 5 days a week for a minimum of 30-45 minutes.

