



BlueResourceSM – Controlling Your Condition – Understanding Prediabetes

Prediabetes Can Be Controlled

If you could spare yourself from a life-changing disease, you'd do it, right? For 88 million Americans with **prediabetes**, or insulin resistance, blood sugar levels are higher than normal, but not high enough to be diabetes. With some healthy changes, Type 2 diabetes can be prevented. Here are some ways to help:

Watch your weight. Tip the scales in your favor by losing weight if you need to.

Move your body. Stay active to lower blood sugar, cholesterol and high blood pressure.

Think before you drink. Choose water, tea or calorie-free beverages when you're thirsty.

Eat healthy. Fuel your body with nuts, whole grains, fresh fruits, vegetables and lean proteins.

Track your progress. Keep a diary to understand your habits and make changes as needed.



Keep your blood sugar under control to prevent diabetes.