

ABC's of Diabetes Prevention



All foods can fit into a healthy diet. There are no “good” or “bad” foods.



Balanced meals and snacks include a variety of foods from at least three of the four food groups.



Creator made us healthy and strong. It is our job to stay that way.



Don't skip meals. Eating every 3-4 hours helps to keep blood sugar levels in a good range.



Enjoy healthy eating and being active.

Find an activity you enjoy doing. Aim for 30 minutes of activity most days of the week.



Go for it! Try something new!

Humour is great medicine. Laugh often, and laugh loud!



Insulin resistance happens when the body does not use its own insulin effectively. Being inactive and/or carrying excessive weight contributes to insulin resistance.



Jump rope, jig, whatever, just do it!

Keep a variety of healthy snacks available such as fresh fruit, cut up veggies, yogurt, pretzels, cereal, and milk.



Live in balance! Be well in mind, body, spirit, and heart!



Milk and milk products may help lower blood pressure. Choose low fat dairy products.



Now is the time to make small changes in your lifestyle to prevent diabetes!



On the pow-wow trail, keep active and eat healthy!



Playing actively indoors or outdoors should be fun and a regular part of every day. Children need to be physically active to grow up healthy and diabetes-free.



Quality vs. Quantity is important in healthy eating. Choose smaller portions of healthy foods.



Respect the gift of health. Make lifestyle choices that promote and support health.



Screening can detect diabetes early. Ask your health care provider about getting a simple test to detect diabetes.



Teens that are active have a much lower chance of developing diabetes. More and more youth are being diagnosed with diabetes – let's fight it!



Use traditional medicines and teachings to help you stay healthy.



Vitamin supplements are not usually needed; see a Registered Dietician to evaluate your eating habits and nutrition needs.



Walking is a great activity; it's free and you can do it almost anywhere! Go for a walk instead of having a nap.



Xcavate your bike from the basement – get out and ride!



Youth who are active, make healthy food choices, and maintain a healthy weight have a much lower chance of developing diabetes – stay active, eat healthy, have fun!

Zest for life! It will help you stay healthy!