

Healthy Lifestyle Habits for Diabetes Prevention

Adopting a few healthy lifestyle habits may be key in preventing the onset of type 2 diabetes—the most common type of diabetes. This is especially true if you are overweight or obese, have high cholesterol, or have a family history of diabetes.



1. **Lose excess weight** - The American Diabetes Association recommends individuals with prediabetes lose at least 7% to 10% of their body weight to prevent disease progression.
2. **Exercise** - Exercise can help you lose weight, lower blood sugar, and increase your body's sensitivity to insulin, which helps the body to maintain a healthy blood sugar level. Aim to incorporate at least 30 minutes of moderate to vigorous aerobic exercise (e.g., fast walking, running, biking) at least 5 times per week. It is also important to include resistance exercise (e.g., yoga, weightlifting, calisthenics) at least 2 to 3 times per week.
3. **Eat plant-based foods** - Plant-based foods are a healthy source of vitamins, minerals, carbohydrates, and dietary fiber. High-fiber foods slow the absorption of sugar and help to lower blood sugar levels. Avoid processed foods, which tend to be high in sugar. Instead, choose fruits, non-starchy vegetables, legumes, and whole grains.
4. **Eat healthy fats** - Limit fatty foods, which are high in calories. Choose unsaturated fats that help promote healthy cholesterol levels and good heart health. Olive, canola and sunflower oils, nuts and seeds, as well as fatty fish such as salmon and tuna are healthy sources of unsaturated fats.
5. **Make healthy choices and avoid fad diets** - Aim for sustainable healthy choices rather than fad diets—which may lead to weight loss but tend to be harder to maintain long term. A simple approach to making healthy food choices and eating appropriate portion sizes is to divide your plate into three parts. One half should be fruit and non-starchy vegetables, one quarter should be whole grains, and the remaining quarter should be protein-rich foods.

Source: Mayo Clinic ([mayoclinic.org](https://www.mayoclinic.org))