

## What To Do About Prediabetes

### What is prediabetes?

If your blood glucose (or sugar) levels are higher than normal, but aren't quite high enough to give you a diabetes diagnosis, you may have prediabetes.

What your test results mean		
Test	Prediabetes	Diabetes
Fasting blood glucose	From 100 to 125 mg/dl	126 mg/dl or above
Oral glucose tolerance	From 140 to 199 mg/dl	200 mg/dl or above
A1C	From 5.7 to 6.4%	6.5% or above

### What are the risk factors for developing prediabetes and diabetes?

Not all risk factors for diabetes can be changed, but with a little work you can make a real difference with many of them.

#### Factors you can change

- physical inactivity
- smoking
- high blood pressure
- overweight
- high stress
- lack of sleep

#### Factors you can't change

- age
- race/ethnicity
- family history

### What are the symptoms of diabetes?

If you have some or all of the following symptoms, it may mean your blood sugar is getting higher.

- increased thirst/ hunger
- blurred vision
- poor wound healing
- numbness/tingling in hands and/or feet
- fatigue
- frequent infections
- dry, itchy skin
- unexplained weight loss

### Why does it matter if I have prediabetes?

Recent studies have shown that many people with prediabetes will develop type 2 diabetes later in life. If you have prediabetes, you're in the perfect position to delay or prevent type 2 diabetes by taking action now.

Set a goal to add physical activity to your day, every day! Regular physical activity and making healthy changes to your diet can go a long way in preventing the progression of diabetes.

## Prediabetes and Nutrition

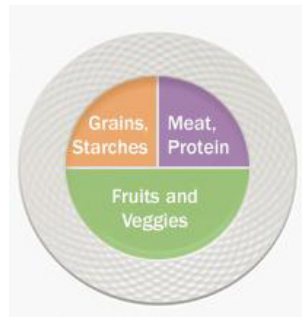
**Carbohydrates** (found in foods such as grains, milk and dairy, fruit, and starchy vegetables) are converted to sugar in your blood. We all need carbohydrates for our bodies to function, but it is important to make good carbohydrate choices.

**Protein** is found in every cell of your body. We get the protein our bodies need to build and maintain bones, muscles and skin from foods that we eat, such as meat, dairy products, nuts and certain grains and beans.

**Fat** is a major source of energy and is important for proper development, growth, and health. Fat also helps you feel full and provides flavor to your food. But not all fats are the same. Try to limit saturated fats such as butter, solid shortening, and lard, as well as trans fats, found in vegetable shortenings, some margarines, cookies, and snack foods made with partially hydrogenated oils.

### Try the healthy plate method:

1. Take your plate and divide it into sections, like the picture on the right. Fill the largest section with non-starchy vegetables, such as spinach, carrots, lettuce, greens, cabbage, green beans, broccoli, cauliflower, tomatoes, and more.
2. You can also add 1 serving of fruit to this section for every meal (such as ½ banana or a cup of fruit salad).
3. In one of the smaller sections, put starchy foods such as whole grain breads, whole grain rice or pasta, vegetables such as green peas, corn, lima beans, sweet potatoes, winter squash, and low-fat crackers and snack chips, pretzels, and fat-free popcorn.
4. In the other small section, put your meat or meat substitutes such as chicken or turkey (without the skin); fish, such as tuna or salmon; lean cuts of beef and pork; or tofu, eggs, and low-fat cheese.
5. Add an 8 oz glass of nonfat or low fat milk. If you don't drink milk, you can add another small serving of carbs such as a 6 oz. container of light yogurt.



Designing every meal with these steps in mind will help you manage your prediabetes and eat more healthily as well!

**If you are interested in further information on diabetes prevention, call the Braden Diabetes Center at 1-415-925-7370 or visit [www.mymarinhealth.org/bdc](http://www.mymarinhealth.org/bdc)**

Source for Healthy Plate Method: American Diabetes Association [www.diabetes.org](http://www.diabetes.org)