


Is Diabetes or Heart Disease in Your Family Tree?



**LOWER
YOUR
RISK**



Minnesota Diabetes &
Heart Health Collaborative



Eat more fruits, vegetables &
whole grains and less fat

Be active 30 minutes a day,
5 times a week

Don't smoke

Eat smaller portions and lose
10 pounds if you are overweight

Watch your blood pressure
and cholesterol

Talk to your doctor about all
serious health problems in
your family tree