

Is Diabetes or Heart Disease in Your Family Tree?



**LOWER
YOUR
RISK**

www.mn-dc.org

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