

# Is Diabetes or Heart Disease in Your Family Tree?



**LOWER  
YOUR  
RISK**

[www.mn-dc.org](http://www.mn-dc.org)



**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