



If you have **diabetes** or **prediabetes**,
simple steps can keep you
and your family healthy

- Eat more fruits, vegetables, whole grains and less fat
- Be physically active every day
- Do not smoke
- Eat smaller portions and lose 10 pounds if you are overweight
- Know your ABCs: A1C, Blood pressure and Cholesterol
- Take your medicines as directed
- Talk to your doctor



Minnesota Diabetes &
Heart Health Collaborative