

What is prediabetes?

Prediabetes is a condition where your blood glucose (sugar) is higher than normal but not high enough to be considered diabetes.

Most people have no symptoms and don't feel sick. If ignored now, prediabetes can turn into diabetes in the future. Diabetes is a lifelong disease that can cause problems throughout your body and lead to heart disease, blindness, amputations and kidney disease.

Take control of your health! Diabetes can be prevented.

Blood test results for prediabetes:

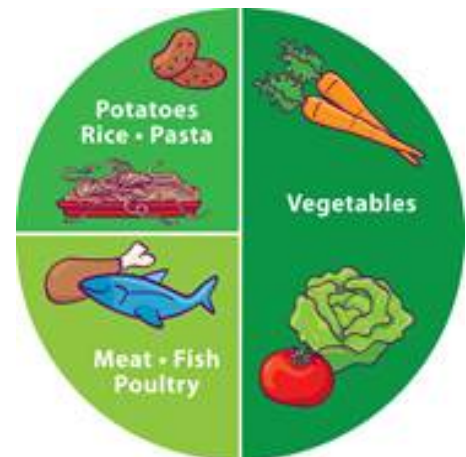
- An A1C of 5.7% – 6.4%
- Fasting blood sugar of 100 -125 or random sugar level of 140-199

My A1c Result _____ **Date** _____

What can I do?

1. Follow the Plate Method for meals.

- **Fill half your plate with vegetables**
- **Limit starch to fist-size portion**, which includes rice, pasta and starchy vegetables like potatoes, yucca, corn, and peas
- **Avoid high calorie, high fat foods** like fried foods, red meat, butter
- **Don't drink your calories.** Instead choose water, seltzer, crystal light, diet soda, unsweetened teas. Look for sugar-free/calorie-free options.



2. Increase your daily physical activity. Start small and work your way up towards 30 minutes 5 days a week.

3. Lose extra weight. Begin with 7% of your body weight.

My Current Weight _____ **7% GOAL** _____