

**PREDIABETES MEANS YOUR BLOOD SUGAR IS HIGHER THAN NORMAL, BUT NOT HIGH ENOUGH TO BE CLASSIFIED AS TYPE 2 DIABETES.**



# STOP DIABETES BEFORE IT STARTS

**One-third of adults are afflicted with PREDIABETES. But the vast majority don't know it**

## AN IDEAL MEAL IF YOU HAVE PREDIABETES

No foods are off limits, but moderation is key. For example, instead of eating three scoops of ice cream, limit yourself to one scoop.

Don't go hungry all day and then eat too much before you go to sleep. Research suggests that people are more resistant to insulin at night.

Fill a quarter of the plate with lean protein such as poultry, fish or legumes.

To reduce your portions, use a salad plate instead of a dinner plate.

Fill one quarter of the plate with a whole grain such as brown rice or whole wheat pasta (avoid processed carbohydrates) or a starchy vegetable like sweet potatoes or peas.

Fill half of the plate with fruits and vegetables.

BY KEN BUDD

### WHAT IS PREDIABETES?

Let's start with what prediabetes is not. It's not a disease, and it has no obvious symptoms. So why should you care? Because prediabetes indicates high blood sugar, just not high enough to be type 2 diabetes—yet. It's an

indication that you're on the path to diabetes unless you alter your eating and fitness habits. The important message: You can probably fix the problem if you take the right steps.

### WHO IS AT RISK?

The biggest risk factors are obesity and a sedentary lifestyle, says Gregg Simonson, direc-

tor of professional training and consulting at the International Diabetes Center in St. Louis Park, Minn. Genetics is important, as well: Even lean folks who have a strong family history of diabetes can get prediabetes. The American Diabetes Association offers a test that assesses your risk at [diabetes.org/are-you-at-risk/diabetes-risk-test](http://diabetes.org/are-you-at-risk/diabetes-risk-test).