



It's More than Food. *It's Life!*

It's your choice. Besides taking prescribed medication, staying physically active, and measuring your blood sugar, what you eat makes a big difference in controlling your diabetes and preventing serious complications. You don't have to give up your favorite foods. Just learn how much to eat, how often to eat, and how to prepare the foods you love to eat. Remember, what you eat is more than food. It's life.

Get started on the right track to a longer, healthier life:

- Get physical activity every day.
- Eat less fat and salt.
- Eat more fiber - choose whole grains, fruits, vegetables and beans.
- Stay at a healthy weight.
- Stop smoking - ask your health care team for help.
- Take medicines as prescribed.
- Ask your doctor about taking aspirin.
- Ask others to help you manage your diabetes.

**Call 1-877-232-3422 toll-free for your
free Recipe Book and Meal planner.**

You are at greater risk for type 2 diabetes if:

- You are age 45 and older
- You are overweight and physically inactive
- You have high blood pressure or high cholesterol
- You have a family history of diabetes
- You are African American, Hispanic, Asian/Pacific Islander, or American Indian
- You had gestational diabetes and/or gave birth to a child weighing more than 9 lbs.