

November: Celebrate National Diabetes Month – Eat Healthy, Move More, Start Now!

Shopper's Article for 11.14.17. Submitted by Barbara Roths, Family Consumer Sciences Agent, Butler County Extension Office broths@ksu.edu 316.321.9660

Diabetes is one of the leading causes of disability and death in the United States. One in 10 Americans have diabetes — that's more than 30 million people. And another 84 million adults in the United States are at high risk of developing type 2 diabetes. Depending on your age, weight, and other factors, you may be at higher risk of developing type 2 diabetes.

So, what's the GOOD news? You can make healthy changes that greatly lower your risk. To help prevent type 2 diabetes:

- Watch your weight
- Eat healthy
- Get more physical activity
- Talk to your doctor about your risk for type 2 diabetes and what you can do to lower your chances

November is National Diabetes Month, a great month to get started: make one healthy change and encourage others to do the same!

Here are a few ideas, to get you started:

1. **Reduce Food Portion Sizes** – Start with a dinner plate of 10-inches or less. To begin your meal, fill ½ of your plate with veggies and fruits. Then fill in the rest of the plate with ¼ grains and ¼ protein.
2. **Find more ways to eat veggies and fruits!** When you're shopping, buy frozen vegetables (no special sauces). OR look for great specials on low-salt canned vegetables. Fresh is great, but frozen and canned often cost less and keep longer.
Go to: www.fruitsandveggiesmorematters.org for recipes, tips, videos
3. **Use herbs or spices in cooking** – Adds little or no sugar or salt, if you choose wisely, and adds GREAT flavor!
4. **Rethink Your Drink** – Add fruit, vegetables, herbs to your water bottle and enjoy the great flavors (and no added sugars) all day.
5. **Move More Each Day** – This is challenging, especially as the winter months approach!
Walk in place inside: at your desk, as you're talking on the phone, in front of the TV.
6. **Try a change or two at a time** – a new food, a new activity – see if it works for you!
7. **Find ways to relax and stay calm** – take a walk, listen to music, read a book, take a long bath.
8. **Think before you eat.** Try not to eat when you are bored, upset, or unhappy.
9. **Take Care of Your Body, Mind, and Soul...And...**
10. **Honor your health as your most precious gift.** There are many more ways to prevent or delay type 2 diabetes by making healthy food choices and moving more. You must decide what to do and then do it! Choose something that you can do and share it with family or with a friend, so that all of you benefit and the healthy change becomes part of what you do.

Check this link for more ideas:

<https://www.niddk.nih.gov/health-information/diabetes/overview/preventing-type-2-diabetes/50-ways>