

Eat the Good Stuff

SOUTH DAKOTA



Lower the Risk.
Prevent type 2 diabetes. It's up to you.

Diabetes prevention is proven, possible, and powerful. Studies show that people at high risk for type 2 diabetes can prevent or delay the onset of the disease by losing 5 to 7 percent of their weight – that's 10 to 14 pounds for a 200 - pound person.

Two keys to success:

- Get 150 minutes of moderate exercise per week.
- Eat a variety of foods that include fruits and vegetables, foods that are low in fat, and reduce the number of calories you eat per day.

<http://diabetes.sd.gov>

