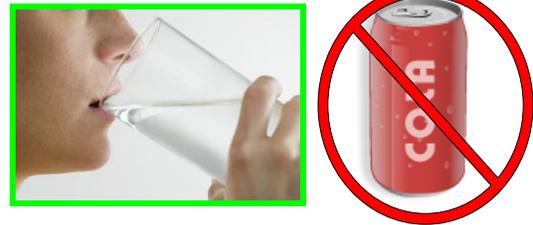


Ways African Americans Can Prevent Type 2 Diabetes

1. Set goal you can meet and start by making small changes.



5. Choose water to drink instead of sweetened fruit drinks and soda.



2. Aim to lose at least 5 to 7 percent of your current weight which is about 10 to 14 pounds for a 200 pound person.



6. Make healthy food choices every day.



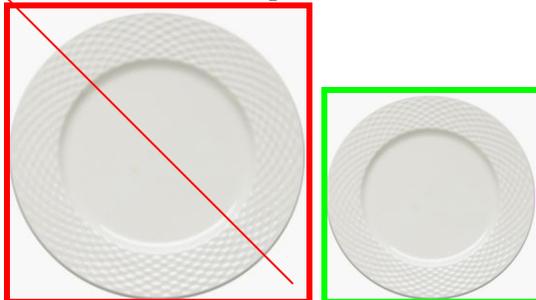
3. For support, team up with family and friends to help you lower your risk for type 2 diabetes.



7. Increase your activity level by walking more often. Build physical activity into your day.



4. Cut down on food portion sizes.



8. Have regular checkups.

