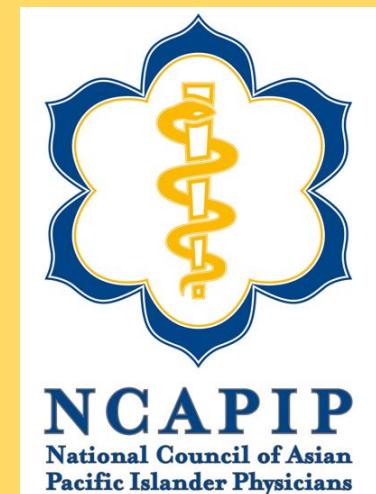


RISE to Avoid, Control, and Reverse Diabetes and Prediabetes in Asian Americans



What to do after being diagnosed with type 2 diabetes or prediabetes?

Four Actions:

Reduce

Increase

Sleep

Exercise

Reduce - fat intake, weight*, and stress

Increase - fiber, antioxidants, and increase the body's ability to fight inflammation

Sleep - 7 to 8 hours each day

Exercise - strength and aerobic training

* weight loss is not recommended for those who are "underweight"/ below a body mass index (BMI) of 23

Step 1

Reduce fat and carbs

Make an effort to reduce your saturated fat/animal fat intake as well as simple carbohydrates.

Reduce these sources of saturated fat:



Reduce these sources of simple carbs:



Step 2

Reduce body weight*

Aim for a reduction in weight of
5-7%.

* weight loss is not recommended for those who are “underweight”/
below a body mass index (BMI) of 23

Step 3

Reduce stress

take time for yourself. Meditate, try breathing exercises, and embrace a favorite pastime. Seek social support. Yoga and other forms of exercise help to reduce stress.

Step 4

Increase foods with
fiber and antioxidants

these include colorful vegetables, leafy greens, salmon, berries, green tea, garlic, and onions. Consider **DOUBLING** your green vegetables!

Increase foods high in fiber and antioxidants:



Step 5

Increase your body's

ability to fight inflammation

take care of your dental hygiene (brush twice a day and floss your teeth), stop smoking, and eat more anti-inflammatory foods

Increase anti-inflammatory foods:



Step 6

Sleep more

aim to sleep 7-8 hours each night.
prepare for bed with a relaxing
routine which reduce stress and
improve quality of sleep.

Step 7

Exercise

increase your muscles' ability to absorb glucose through strength and aerobic training such as running, hiking, dancing, weight lifting, dance aerobics, biking, and swimming.