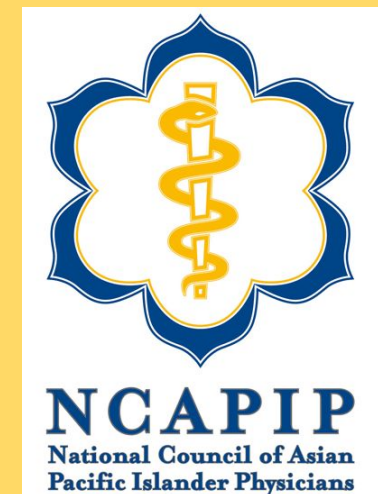


# RISE to Avoid, Control, and Reverse Diabetes and Prediabetes in Asian Americans



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

## Four Actions:

Reduce

Increase

Sleep

Exercise

**R**educe - fat intake, weight\*, and stress

**I**ncrease - fiber, antioxidants, and increase the body's ability to fight inflammation

**S**leep - 7 to 8 hours each day

**E**xercise - 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.