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
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

Increasing 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.