Preventing type 2 diabetes

Rewarding achievements

Begin step by step

Phyical activity: 5 days a week

Phyical activity: 30 minutes a day

Barriers

Lose 5% to 7% of Bodyweight

Movement

Yellow

Red

Traffic Light Method

Green

Reading food labels

Counting calories

Become Physically Active

Fat detectives

Portion size

Nutrition

My risk factors

Modifiable risk factors

Make Healthy Food Choices

Type 2 diabetes risk factors

Knowing how to prevent type 2 diabetes

Understanding diabetes

Step by Step — The Road to Health

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