Make Healthy Food Choices

Become Physically Active

Step by Step — The Road to Health

- Rewarding achievements
- Physical activity: 5 days a week
- Physical activity: 30 minutes a day

Traffic Light Method
- Green
- Yellow
- Red

- Reading food labels
- Counting calories
- Portion size
- Fat detectives
- Nutrition
- My risk factors
- Modifiable risk factors
- Understanding diabetes
- Type 2 diabetes risk factors

Lose 5% to 7% of Bodyweight

Understanding diabetes
Knowing how to prevent type 2 diabetes

Type 2 diabetes risk factors

Begin step by step

The U.S. Department of Health and Human Services' National Diabetes Education Program (NDEP) is jointly sponsored by the National Institutes of Health (NIH) and the Centers for Disease Control and Prevention (CDC) with the support of more than 200 partner organizations.