Step by Step — The Road to Health

Make Healthy Food Choices

- Portions
- Nutrition
- My risk factors
- Type 2 diabetes risk factors

Become Physically Active

- Reading food labels
- Fat detectives
- Counting calories
- Traffic Light Method
- Green
- Yellow
- Red

Lose 5% to 7% of Bodyweight

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

Preventing type 2 diabetes

- Rewarding achievements
- Begin step by step

Understanding diabetes

- Knowing how to prevent type 2 diabetes

Modifiable risk factors

- Barriers