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## 7 Golden Rules to Prevent Diabetes

Here are seven sound diet principles that can keep your blood sugars from creeping upward, among oth

skip the sugary drinks. No sweet tea. No juice. No soda. No sweetened lemonade. No mocha latte coffee Sugary drinks provide nothing more than empty calories, and they won't help you feel full. "All the sugar Pull back on portions. You still can eat many of the foods you like, just have smaller amounts of them, Bo pasta. Cut out high-calorie, junky snacks, and save your decadent desserts for special occasions. Remem overweight is a primary risk factor for type 2 diabetes.

Fill up on fiber. Eat plenty of high-fiber foods, including vegetables, fruits, beans, and whole grains. Fiber should be fruits and vegetables that have been steamed or sautéed in healthy fats. Those veggies can b Be choosy about fats. Your diet should have some fat, but opt for the healthiest sources: olive and veget cheeses, non-fat or low-fat yogurt, and skim milk.

brink alcohol only in moderation. Men should have no more than two drinks a day, women no more than Choose lean meats. To easily identify lean red meats, look for cuts that have the word "round" or "loin" ir fat. Opt for white-meat chicken or turkey without the skin. Adding fish to your diet two to three times a w fry to keep it lean, Borcik says.

Stay hydrated. Drink plenty of water. People often mistake thirst for hunger, which can lead to overeating lower your blood sugar, which you should do anyway."

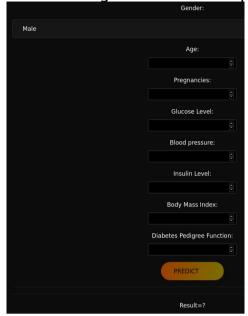
## Diet and Exercise Go Hand-in-Hand

A prediabetes regimen also includes regular exercise, both aerobics and strength training minutes a day.

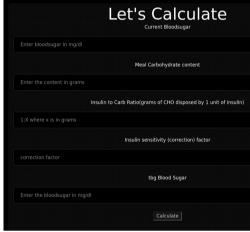
Borcik also suggests sneaking exercise into your daily activities by parking farther from around your workplace at lunchtime.

The best way to prevent type 2 diabetes is to follow a healthy lifestyle, which includes prediabetes alarm to make changes. An ounce of prevention is worth a pound of cure.

Calculating the diabetes probability.



Calculating the insulin levels.



Calculating the level of insulin resistance.

