

THE DIABETES PREVENTION

Type 1 diabetes isn't preventable because it's caused by a problem with the immune system.

Some causes of type 2 diabetes, such as your genes or age, aren't under your control either.

Yet many other diabetes risk factors are controllable.

Most diabetes prevention strategies involve making simple adjustments to your diet and fitness routine.

If you've been diagnosed with prediabetes, here are a few things you can do to delay or prevent type 2 diabetes:

- Get at least 150 minutes per week of aerobic exercise, such as walking or cycling.
- Cut saturated and trans fats, along with refined carbohydrates, out of your diet.
- Eat more fruits, vegetables, and whole grains.
- Eat smaller portions.
- Try to lose 7 percent of your body weight if you're overweight or obese.