



MORE THAN 50 WAYS TO PREVENT DIABETES

**#1**

# Less on your plate, Nate

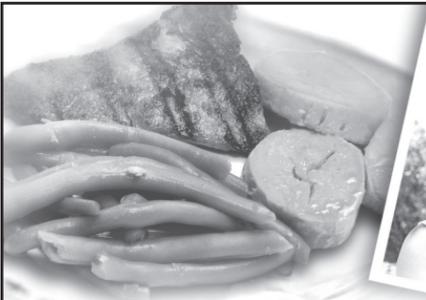
*"Because type 2 diabetes runs in my family, I know it is important to take control of my health. My first step was losing a small amount of weight. I started by making healthy food choices and eating smaller portions. I began using the stairs and taking walks during my lunch break. Now I'm on a roll to prevent diabetes! I feel like new and I have more energy for my wife and family. That's my big reward!"*

## Take Your First Step Today.

For free information about preventing type 2 diabetes, visit [www.YourDiabetesInfo.org](http://www.YourDiabetesInfo.org), or call 1-888-693-NDEP (6337); TTY: 1-866-569-1162. Ask for "More Than 50 Ways to Prevent Diabetes."



[www.YourDiabetesInfo.org](http://www.YourDiabetesInfo.org)



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#15

# Eat a small meal, Lucille

**Take Your First Step Today.** Talk to your doctor about your family history of type 2 diabetes and other diabetes risk factors. Learn how you can prevent diabetes by losing a small amount of weight.

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A message from the National Diabetes Education Program, sponsored by the National Institutes of Health and the Centers for Disease Control and Prevention.



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