Preventing and Managing Diabetes with Lifestyle Changes

Healthy Eating

Reaching a healthy weight when a child is young can help him control his weight when older. A child who is at risk for diabetes may be referred to a registered dietitian (RD). The RD will work with the child to develop a personalized eating plan to help meet the child’s goals.

**Keep in Mind These Tips for a Healthy Diet**

- Eat smaller meals and snacks if weight gain is not desired
  - Keep an eye on portion sizes
  - Share entrees when dining out

- Choose healthier options
  - Whole grains instead of white/refined grain products
  - Lean proteins (e.g., boneless skinless poultry, fish, beans, lean cuts of beef)
  - Foods prepared with less fat (broiled or baked instead of breaded or fried)
  - Lower fat milk, yogurt, and cheese
  - Drink more water instead of soda, juice, and other soft drinks

- Include more fruits and vegetables in the diet

- Enjoy sweet treats less often and in smaller portions

Physical Activity

Being active has many benefits in kids. It can help with: improving mood, maintaining a healthy weight, growing strong bones and muscles, increasing focus in school, managing stress, improving sleep quality, and keeping blood glucose levels close to normal.

Children and teens should be active at least 60 minutes per day. This can be easier to achieve if TV and computer time is limited. Start slowly if the child has not been very active in the past.

**Encourage Enjoyable Activities**

- Bike riding
- Walking or hiking
- Skateboarding, rollerblading, or ice skating
- Dancing
- Bowling
- Team sports
- Virtual exercise through active video games
- Joining active programs like swim clubs, YMCA, 4-H, Boy or Girl Scouts, or Boys and Girls Clubs