

For Neighborhood Extra: June 28, 2008

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### **Take Action Now To Avoid Diabetes**

The ActionNow! Community Diabetes Prevention & Control Coalition encourages adults and children to take action now to avoid diabetes. Diabetes is characterized by high blood sugar levels and is a lifelong illness that has no cure at present. 1 in 3 of us is at risk for diabetes. Three simple steps toward good health begin with: Eat Healthy, Move More, and Know Your Numbers. Have an evaluation by your health care provider to find out your blood sugar, blood pressure, weight, and cholesterol numbers.

Eating healthy is easier than you may think. Try a colorful variety of foods from the basic food groups each day. As a recommendation based on a 2,000 calorie diet: eat 6 servings from the grain group (1/2 being whole grains); 2 cups of fruit and 3 cups of vegetables; 3 cups from the milk group; 6 ounces from the meat and beans group; and sparingly of fats and sweets. Often, the more simple your food preparation, the more healthy it is.

A serving size is specific, such as 1 small apple = 1 cup of fruit and 1 slice of bread = 1 serving of grain. Read your food labels to learn more about serving sizes. Be sure to include water: 6-8 cups a day is recommended; more when exercising or in hot weather. Check websites listed for additional information.

These small action steps are all steps in the right direction to avoid diabetes and enjoy a healthier you!

[.123actionnow.](#)

[.diabetes.](#)

[.fruitsandveggiesmatter.](#)

[.mypyramid.](#)