

# PREDIABETES - is a precursor to type 2 diabetes

Prediabetes is a serious health condition where blood sugar levels are higher than normal, but not high enough yet to be diagnosed as type 2-diabetes. When your blood sugar is elevated you have an increased risk of developing type 2 diabetes, which in turn increases the risk of heart attack and blood clots in the brain. With healthy food and exercise, you can slow down or prevent developing type 2-diabetes.

The risk of getting type 2- diabetes increases if you weigh too much, have a close relative with type 2- diabetes and if you do not exercise regularly. If you have the diagnose prediabetes, you should have your blood sugar checked once a year. Contact your health center and book an appointment.

## Exercise

When you exercise, take a walk or similar, you can lower your blood sugar. 30 minutes every day, a physical activity that increases both breathing and heart rate is recommended, for example walking.

In addition, a 20-minute form of exercise, two to three days a week, that will make you sweaty and short of breath, is recommended. Find a form of exercise you like, exercise in groups such as gym and dance or other things that make your heart rate work a little extra.



## Food

If you need to lose weight and reduce the risk of getting type 2 diabetes, you need to eat healthy food.

Fiber is found, for example, in whole grain bread, brown rice, coarse bulgur, whole grain pasta, beans and lentils. Portion size is important when you need to lose weight.

An easy way is to imagine the plate in three parts. Half the plate of vegetables, such as broccoli, carrot, root vegetables, cabbage, eggplant, zucchini, all kinds of onions, spinach, peppers. Choose vegetables that will make you full. Lettuce, tomato or cucumber will not be sufficient.

Now you have half the plate left, where one part is a little bigger with carbohydrates than the other part with protein. The protein part includes fish, eggs, beans and lentils, chicken or meat. The slightly larger part with carbohydrates contains fiber-rich carbohydrates such as brown rice, potatoes, coarse bulgur, whole grain pasta. Don't build the food at height to fit more food on your plate.



Examples of healthy choices: boiled broccoli, red cabbage, carrot, a little hummus, quinoa and chicken. And some vinaigrette on the vegetables.

Good to know is that alcohol is high in calories and can therefore affect your weight and that smoking can cause blood sugar to rise. Sweets should be limited to a small piece no more than once a week. Juices and regular soda should be replaced with light drinks or water.

You can eat fruit, but limit it to no more than three fruits a day. If you eat sweet fruits such as mango/melon/papaya, about 100 grams counts as one fruit. Dried fruits, such as dates, figs and raisins contain a lot of sugar. Limit the amount. Nuts and seeds don't raise blood sugar but you shouldn't eat more per day than can fit in the palm of your hand.

With the help of more exercise and healthy food, your blood sugar can reach normal values. The risk of developing type 2 diabetes and diseases of the heart and vessels is significantly reduced. Therefore, continue to exercise and eat good food.



Weight loss not only reduces the risk of type 2 diabetes, but also of several cancers.

Your heart and vessels benefit, just like your well-being and stamina.

If you want to know more about diabetes and courses on diabetes, please visit [www.diabetesstockholm.se](http://www.diabetesstockholm.se)