



Was your recent blood glucose level higher than normal? If so, your doctor may have told you that you have “pre-diabetes.” This elevation requires action on your part to prevent diabetes. Prevention is proven and possible!

WHAT IS DIABETES?

Diabetes is a disease in which blood glucose (blood sugar) levels are above normal. As a result, your cells are starved of energy. Over time, this can damage nerves and blood vessels, leading to complications such as heart disease, stroke, kidney disease, blindness, and nerve problems. Pre-diabetes indicates that fasting blood sugar levels are above normal, but not to the level diagnosed as diabetes. But remember, prevention or delaying diabetes is possible.

WHAT ARE THE RISK FACTORS?

- Age – Risk of diabetes increases with age
- Overweight – Body Mass Index (BMI) is greater than or equal to 25
- Blood pressure – 140/90 or higher
- Abnormal lipid levels – Elevated total cholesterol, elevated triglycerides, or low HDL cholesterol
- Family history – Parent, brother or sister with diabetes
- Ethnicity – African American, American Indian, Asian American, Hispanic/Latino, or Pacific Islander heritage
- History of gestational diabetes – Or gave birth to at least one baby weighing 9 pounds or more
- Inactive lifestyle – Exercise less than three times a week

WHAT CAN I DO ABOUT MY RISK?

1. Reach and maintain a reasonable body weight – Being overweight can keep your body from using your own insulin properly. Even a slight reduction of 5-10% can significantly reduce your blood glucose level.
2. Reduce saturated and trans-fat intake – Take a close look at your portion sizes and types of food you’re eating. Increase your vegetable and fruit intake and reduce your red meat, processed meats (bologna, salami, pepperoni), fried foods, desserts, and other high fat foods.
3. Exercise daily – Start slow, but aim for 30-60 minutes, 5 days a week. Stay active in your daily routine by taking the stairs instead of the elevator, parking farther away from your destination, or getting off the bus a stop early.

WISE FOOD CHOICES

Overall, eat meals at similar times each day, do not skip meals, and try to eat a meal or snack every 3-5 hours. Strive for balance in meals. Include at each meal:

1. One source of high fiber carbohydrate such as: 1-2 cups of high fiber cereal; small baked potato; ½-1 cup brown rice; 1 cup whole wheat pasta; 1-2 slices of whole grain bread; ½ cup peas, corn or squash.
2. Moderate amount of lean protein like: skinless chicken, lean beef, pork, fish, egg, peanut butter, milk. Choose fish, lean poultry or meat portions about the size of your palm and ½ inch thick. (cont. on reverse)

3. Lots of vegetables!
4. Eat fresh fruit as dessert or snack: 1 small piece of fruit; 1 small handful of grapes, melons, ½ a small banana, ¼ cup dried fruit. Limit fruit juice to 4 oz (1/2 cup) per day.
5. Except low fat milk, choose beverages that are 0-10 calories per 8 oz. serving: water, flavored water, mineral water, diet drinks.
6. Minimize sugary foods: candy, desserts, cookies, pastries.

MAKE A PLAN, BUT START SLOWLY

Try these goals to start:

- Walk 15 minutes a day, increasing gradually
- Write down your food intake and physical activity
- Set a reasonable weight loss goal, such as 1 pound a week

INDIVIDUAL APPOINTMENTS WITH NUTRITIONISTS

Getting started is sometimes the toughest part, but a Registered Dietitian can help you make a plan. They can help you evaluate your current food patterns and provide individual guidelines toward a more healthful eating style. They can also help evaluate your current activity level and help you create goals to maintain or increase that level. The Portland Clinic has three Registered Dietitians with years of experience in medical nutritional therapy.

To make an appointment call:

Beaverton: 503-646-0161

Downtown: 503-221-0161

South: 503-620-7358