

# Diabetes Prevention

Currently there is no prevention for **Type 1 Diabetes** but there is a lot of evidence proving that healthy lifestyle changes can help with the prevention of **Type 2 Diabetes**

- 30 minutes a day of physical activity can help reduce the risk of **Type 2 Diabetes** by 40%. **Physical Activity** is one of the main pillars of prevention. It is the main ingredient of weight loss, lower resting heart rate, reduced blood pressure and lower insulin sensitivity.
- **Weight loss** improves insulin resistance and lowers hypertension if you are overweight or obese
- A **healthy and balanced diet** will also help in the prevention of diabetes. Try to choose less sugary drinks, whole grain products over highly processed carbohydrates and good fats such as nuts and seeds instead of trans fats such as packaged baked goods and fried foods.
- Eat foods high in **fiber**. Things such as vegetables, fruits, beans, whole grains, nuts and seeds are examples. They will help in the prevention by lowering your blood sugar levels, lower your risk of heart disease and also aid in weight loss by making you feel full.
- **Quitting smoking** will not only help your overall health but it is also considered a prevention factor. Smoking increases abdominal fat accumulation and insulin resistance.

