

How to Prevent Type 2 Diabetes

Ways to Prevent Type 2 Diabetes

Decrease screen time and increase physical activities

- Limit screen time to no more than 2 hours a day
- 1 hour of exercise a day for most days of the week to help decrease risk of developing chronic diseases

Maintain A Healthy Eating Habit

- Avoid excess sugar-sweetened
- Choose whole food, fresh fruits and home-made fruit juices for fiber and antioxidants that promote good health
- Eat complex carbohydrates us simple carbohydrates to maintain stable blood sugar and avoid overeating.

The rise of diabetes in children and adults in related to unhealthy lifestyle, including excess of simple carbohydrate intake and lack of physical activity. If diabetes is not managed properly, they may experience the following symptoms:



Increased Thirst



Increased Urination



Weight Loss



Fatigue



Blurred Vision



Slow-healing wounds

1 Bar of Chocolate

Nutrition Facts	
Serving Size 1 bar	
Amount Per Serving	
Calories 220	Calories from Fat 100
% Daily Value*	
Total Fat 11g	17%
Saturated Fat 4g	20%
Trans Fat 0g	
Cholesterol 5mg	2%
Sodium 115mg	5%
Potassium 0mg	0%
Total Carbohydrate 28g	9%
Dietary Fiber 1g	4%
Sugars 23g	
Protein 4g	8%
Vitamin A 0%	Vitamin C 0%
Calcium 4%	Iron 0%

* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

Recommended daily sugar intake by the American Heart Association

Children aged 4 to 6 years	< 19 grams or 5 tsp
Children aged 7 to 10 years	< 24 grams or 6 tsp
Children aged 11 years or above	< 30 grams or 7 tsp
Adult men	< 36 grams or 9 tsp
Adult women	< 25 grams or 6 tsp

Note: Typical American Sugar Consumption: 19.5 tsp/82g per day 1 tsp = 4g of sugar

Speak with your doctor about a plan that's right for you to prevent or manage diabetes.



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To learn more about our doctor's group, call
Customer Service Hotline: (888) 621-0230
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