Diabetes is a condition that occurs when the body can’t use glucose (a type of sugar) normally. Glucose is the main source of energy for the body’s cells.

1 in 10 Texans has diabetes, (DSHS, 2013)

CHALLENGES, (DSHS, 2012)
- 7th leading cause of death
- 20% of South Texans have diabetes
- 73% of South Texans are at risk

COMPLICATIONS
- heart disease
- blindness
- kidney failure
- leg and foot amputations

SOLUTIONS
- learn about diabetes
- seek prenatal care
- control your weight
- eat healthy

healthytexas.tamu.edu
PREVENT DIABETES: EXERCISE & EAT HEALTHY

58% with pre-diabetes avoided progressing into diabetes by:

- Walk 30 min 5X week
- Lose 7% of body weight

QUICK TIPS FOR HEALTHY EATING:

1. Enjoy your food, *eat less*
2. $\frac{1}{2}$ *plate* = nonstarchy vegetables
3. Snack on *fresh fruit* (1.5–2 cups/dy)
4. *Eat less* processed and red meats
5. Make $\frac{1}{2}$ your grains *whole grains*
6. Cook with *healthy fats*
7. Cook at home more, *eat out less*
8. Choose foods with *low sodium*
9. Pick *fresh foods*
10. Drink *water* instead of sodas