

## Preventing Type 2 Diabetes in Your Child or Teen

Even with a history of diabetes in your family, there is a lot you can do to prevent your children from developing it. Especially if your son or daughter is already pre-diabetic (overweight with elevated blood sugar), it's important to make changes in eating habits and exercise. Focus particularly on eating the right type of carbohydrates and only healthy fats. A Mediterranean-style diet is a good model, rich in vegetables, fish and olive oil and low in red meat.

Here are some guidelines:

### Healthy Eating

- Switch from white to whole-grain products like oatmeal, brown rice, whole-wheat pastas and whole-grain breads.
- Make sure meals and snacks include at least five servings of fruits and vegetables each day.
- Rethink snacks. Instead of doughnuts, cookies, chips and candy, encourage your child to eat fruit, baby carrots, cheese and yogurt.
- Get rid of soda and other sweetened drinks. Encourage your child to drink milk, water and (in small amounts) 100% fruit juices.
- Limit eating at fast-food restaurants.
- Make more meals from scratch instead of using prepackaged foods or microwave dinners.



### Physical Activity

- Make one hour a day the limit for TV, computer and video games.
- Have your child walk or ride her bike to places she can go safely instead of driving her.
- Get your child involved in physical chores—vacuuming, lawn mowing, leaf raking.
- Be more active as a family. Go for a walk or bike ride after dinner. Play basketball in the driveway.



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