



HEALTH AWARENESS

Preventing Type 2 Diabetes When You're On-The-Go

*by the experts at the National
Diabetes Education Program*

(NAPSA)—Being on vacation doesn't mean you should forget your healthy food choices and physical activity routine. If you're at risk for type 2 diabetes, plan how to fit physical activity and healthy food choices into your travel plans. The key is small steps that lead to big rewards—you don't have to knock yourself out to prevent diabetes.

When you're not preparing your own food, it can be a challenge to make healthy food choices. Take time to look over the menu and check if it shows the calorie content of a meal. Ask about portion sizes and request that foods be prepared with less salt and no added fat.

Healthy eating tips:

- Order first so others don't influence your choices.
- Order a small or half-portion meal or have an appetizer as a main meal.
- Order a salad to start and share a main dish.
- Choose steamed, grilled, or broiled foods instead of those that are fried or sautéed.
- Order salad dressing, gravy, sauces, or spreads "on the side" and eat a small amount.
- It's okay to share a dessert once in awhile. Make healthier food choices such as fresh fruit or low-fat or fat-free yogurt.
- Drink water or skim or low-fat milk instead of sweetened juices or soda.
- If you drink alcohol, choose wine or light beer. Avoid mixed drinks.

To avoid fast-food drive-throughs, pack a healthy snack such as a cooler of fresh fruit;



sliced, raw vegetables; fat-free or low-fat yogurt; and bottled water instead of sweetened soda or juice. Bring dried fruit, nuts, and seeds to snack on. Since these foods can be high in calories, measure out small portions ($\frac{1}{4}$ cup) in advance.

Choose a fun, active vacation. Go biking, camping, hiking or canoeing. Swim, take a long walk, or play a game at the beach. Walk a few extra blocks instead of taking a taxi. Spend the evening dancing. During long road trips, include time for a walk every few hours. Include at least 30 minutes of physical activity each day.

Being physically active and making healthy food choices while on vacation can help you prevent or delay type 2 diabetes. To learn more about diabetes prevention and to order a free copy of "Your GAME PLAN to Prevent Type 2 Diabetes," contact the National Diabetes Education Program at www.ndep.nih.gov or call (800) 438-5383.

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