

A Growing Concern... Reduce your Diabetes Risk Q&A



Q: If I have prediabetes, should I avoid eating fruit because it has a lot of sugar in it?

•A: For prediabetes, you can and should continue to eat fruit because of the other nutrients fruit provides.

•Q: How often should I get my blood sugar tested?

•A: If your test results are normal, testing should be repeated at least every 3 years. If you are diagnosed with pre-diabetes or diabetes then work with your health care provider to determine the frequency of testing your blood sugar.

•Q: How do I figure out how much weight I should lose to lower my blood sugar?

•A: Studies have shown that a modest weight loss of 5-7% in someone who is overweight cuts their risk of diabetes significantly.



More questions? No problem! Chat with your health coach next time we come to your location!



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