1. Know Your Risks
Talk to your doctor about your family history and other warning signs of diabetes.

2. Manage Your Weight
Obesity plays a major factor in the development of the disease. Reducing body weight by 5 percent can cut your chance of developing diabetes by more than half.

3. Get More Exercise
Regular exercise helps manage body weight, encourage heart health and manage blood sugar levels.

4. Choose Whole Grains
Choosing whole grains may lower the risk of Type 2 diabetes because their nutrients release slowly into the blood steam to naturally manage blood sugar levels.

5. Monitor Carbohydrate Intake
Carbohydrates raise blood sugar levels, and high blood sugar levels can increase risk for diabetes.

6. Stick to a Healthy Diet
Controlling portion size and eat a balanced diet of leafy greens, fruits, fish and lean meats.

6 tips for Diabetes Prevention
You have the ability to stop Type 2 Diabetes from affecting your life. Even if you display signs of pre-diabetes, a few key lifestyle changes can greatly improve your chances of preventing the disease.