



# Get Real!

## You don't have to eat like this to prevent type 2 diabetes.

### Take the first step today.

Talk to your doctor about your family history of type 2 diabetes and other factors that can raise your risk for the disease.

### It's about small steps:

Lose a small amount of weight (10 to 14 pounds if you weigh 200 pounds) by walking briskly for 30 minutes five days a week and making healthy food choices.

### It's about big rewards:

Live a longer and healthier life—and avoid heart attacks, strokes, blindness, kidney failure, nerve damage, and amputation.

For free information about preventing type 2 diabetes, visit [www.YourDiabetesInfo.org](http://www.YourDiabetesInfo.org) or call **1-888-693-NDEP (6337)**; TTY: 1-866-569-1162.



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A message from the National Diabetes Education Program, sponsored by the National Institutes of Health and the Centers for Disease Control and Prevention.



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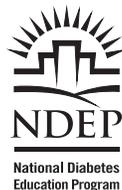
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