Tips to Reverse Prediabetes

Prediabetes can damage your heart and circulatory system without intervention. If you have prediabetes, research shows that doing just two things can help you prevent or delay type 2 diabetes:

- Lose 5 to 7 percent of your body weight, which would be 10 to 14 pounds for a 200-pound person
- Get at least 30 minutes of physical activity for five days a week, such as brisk walking or jogging

Consider making the following changes to your diet:

- Replace juice, soda, and sugary drinks with water
- Decrease your portion sizes if they are too big
- Eat less foods that are high in fat and calories
- Eat enough fruit, vegetables, whole grains, and lean protein