



How to prevent or control type 2 diabetes





How to help:

Keep your weight at a healthy level.



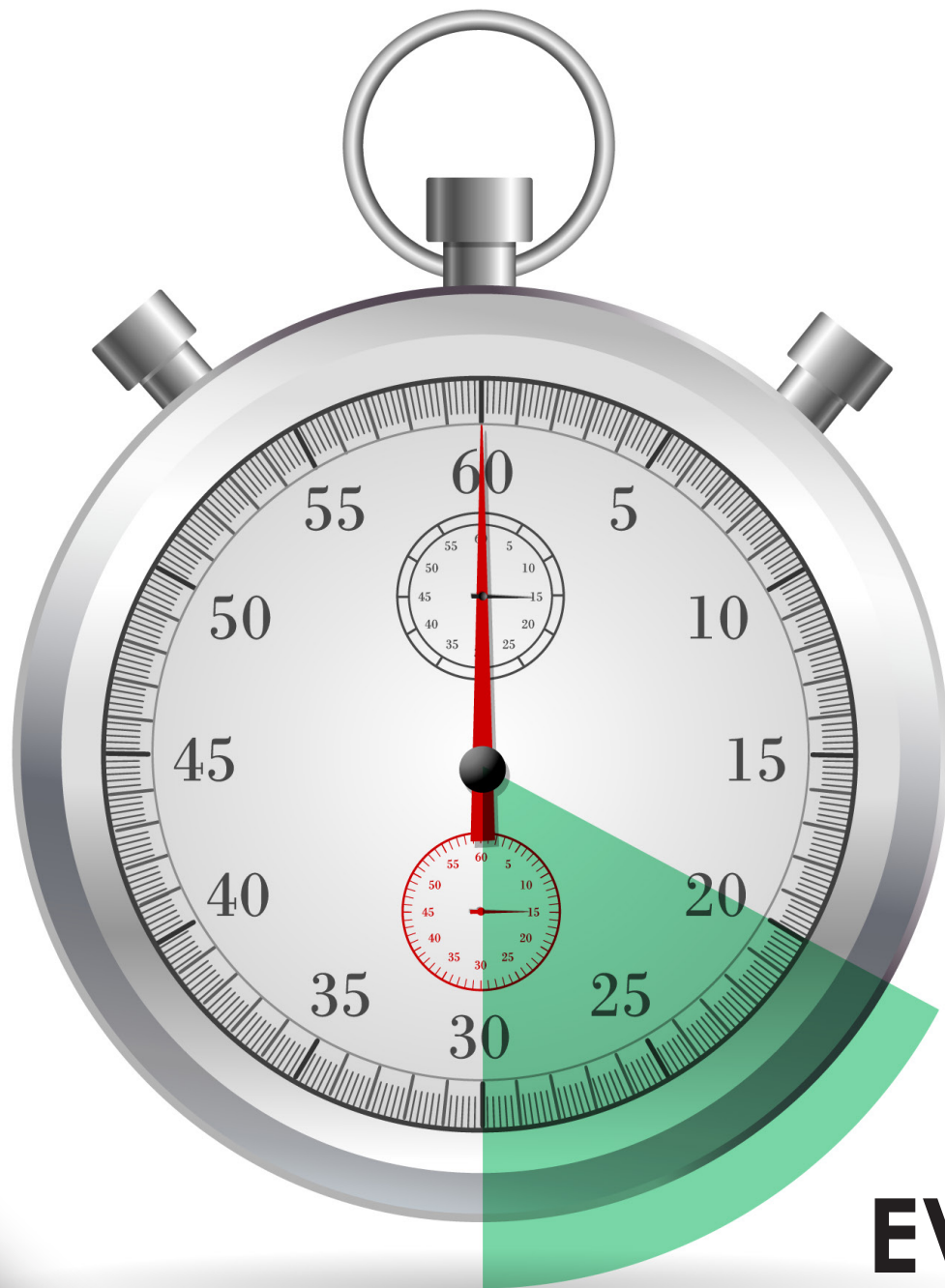
WOMEN
less than 80cm

How to help:

**Keep your
waist slim**



MEN
less than 94cm



How to help:

**Take
20-30mins
exercise
every day**

**EVERY
DAY**

How to help:



Have more:

- Vegetables
- Fruit
- Water





How to help:

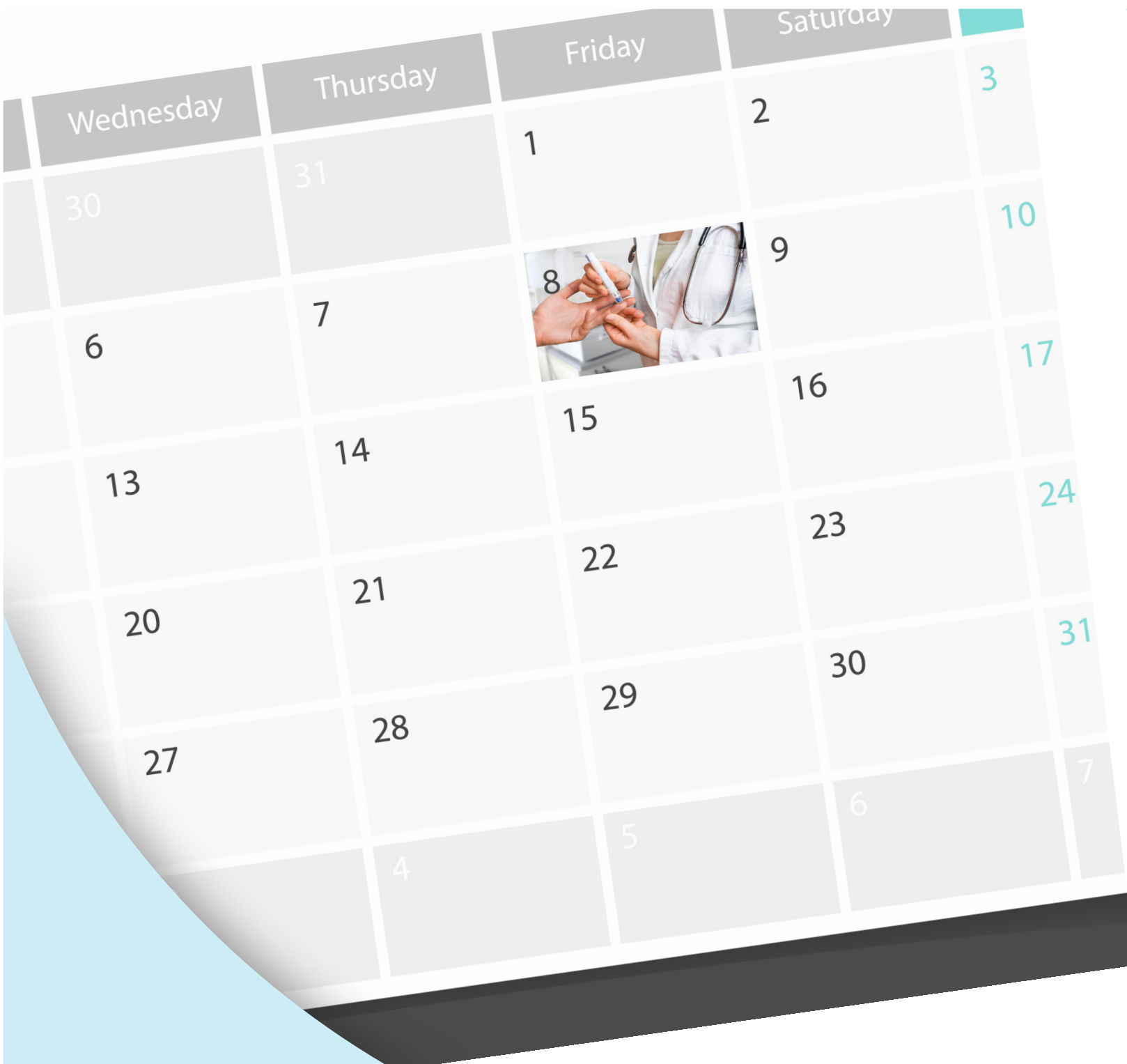
Have less:

- Fried Food
- Fizzy Drinks
- Sweets
- Chocolate
- Biscuits
- Cake



How to help:

**Go to your
GP clinic
when asked
to test for
diabetes**



How to help:

Go to your appointments if you have diabetes



How to help:

You will need checks for:

- Feet
- Eyes
- Blood
- Wee





How to help:

Take your medication if you have diabetes.