

Try these healthy eating tips.



- Take your time when you eat. It takes about 15 minutes for your stomach to tell your brain that you are full. So, wait 15 minutes before eating second helpings.
- Do not skip meals. Eat breakfast, lunch, and dinner, plus a snack. You will have a ready supply of energy and not get too hungry.
- For breakfast, try one or two slices of whole grain toast with a tablespoon of peanut butter, a hard-boiled egg, or a piece of low-fat cheese, along with a glass of low-fat or nonfat milk.
- Make a sandwich with turkey or lean beef for lunch. Use mustard or a little low-fat mayonnaise.
- Snack on a small bowl of whole-grain cereal with low-fat or nonfat milk and a piece of fruit.
- Don't "super-size" it! Order smaller, kid-sized meals and drink water or low-fat or nonfat milk. Share a larger meal with a friend.
- Fill up half of your plate with salad or vegetables. Use small amounts of low-fat salad dressing, mayonnaise, or margarine.

What's in it for me?

If you lower your risk for type 2 diabetes, you will:

- have more energy
- feel good about yourself
- be healthy now and in the future

Take action now. Use the ideas in this tip sheet to stay healthy and lower your risk for type 2 diabetes.

Are studies being done about type 2 diabetes?

Yes, studies are being done to learn ways to help prevent and manage type 2 diabetes in kids and teens.

The SEARCH for Diabetes in Youth Study is finding out how many kids and teens have type 2 diabetes. www.searchfordiabetes.org

The TODAY Trial is finding the best ways to treat type 2 diabetes in kids and teens. www.todaystudy.org

The HEALTHY Study is testing a program to lower risk factors for type 2 diabetes in middle school students.

Learn more!

Check out...

National Diabetes Education Program for more about diabetes www.YourDiabetesInfo.org
1-888-693-NDEP

American Diabetes Association for help to manage diabetes www.diabetes.org/planetD
1-800-DIABETES (1-800-342-2383)

American Dietetic Association to find a dietitian near you www.eatright.org • 1-800-366-1655

Bam! Body and Mind website for help to stay healthy www.bam.gov

Children With Diabetes website for more about kids and families with diabetes www.childrenwithdiabetes.com

MyPyramid.gov for more about healthy eating and being active www.mypyramid.gov

National Association for Health and Fitness that promotes physical activity www.physicalfitness.org • 1-716-583-0521

National Diabetes Information Clearinghouse for more about diabetes www.diabetes.niddk.nih.gov • 1-800-860-8747

President's Council on Physical Fitness and Sports that promotes physical activity www.fitness.gov
1-202-690-9000

USDA Team Nutrition to make healthy food choices and stay active www.fns.usda.gov/eatsmartplayhardkids

VERB for cool and fun ways to be active every day www.verbnow.com

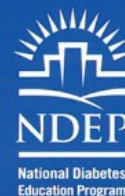
WIN - Weight-control Information Network for weight control help

• *Take Charge of Your Health! A Teenager's Guide to Better Health*

www.win.niddk.nih.gov/publications/take_charge.htm
1-877-946-4627

Special thanks to the teens who helped create this tip sheet

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www.YourDiabetesInfo.org

The U.S. Department of Health and Human Services' National Diabetes Education Program is jointly sponsored by the National Institutes of Health and the Centers for Disease Control and Prevention with the support of more than 200 partner organizations. www.YourDiabetesInfo.org or 1-888-693-NDEP