
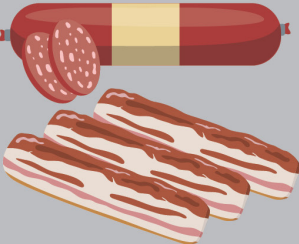
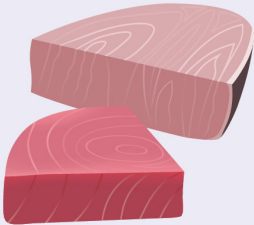
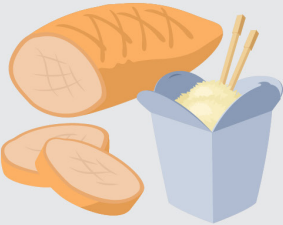
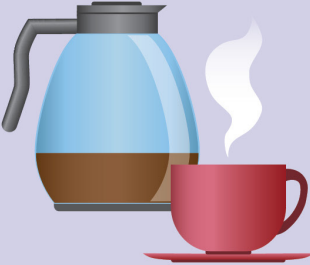





Decrease Your Diabetes Risk:

What to Eat, What to Avoid

EAT MORE	EAT LESS
 <p>Fruit: Reach for fruits with a dark color—blue, purple, and red—to get the most bang for your buck.</p>	 <p>Processed meats: They tend to be high in fat and heavy on salt and preservatives.</p>
 <p>Fish: Try replacing one serving of meat a week with a serving of fish.</p>	 <p>Refined grains: Think breads, crackers, baked goods, and white rice.</p>
 <p>Coffee: Drinking 1-2 cups a day may lower your risk of type 2 diabetes by up to 10 percent.</p>	 <p>Alcohol: You don't have to cut it out completely. Just make sure you stay within the moderate range.</p>
 <p>Fiber-rich vegetables: Especially non-starchy vegetables like broccoli, carrots, and leafy greens.</p>	 <p>Sugar-sweetened beverages: Try flavored or sparkling water with no added sugar instead.</p>

For more on reducing your diabetes risk, get the book *Take Control of Your Diabetes Risk*, by John Whyte, MD, WebMD's chief medical officer.

Order today to get started on your journey to better health!

