



LOW CARB RESOURCES

Prediabetes and how to reverse it

What is prediabetes?

Prediabetes is a warning sign that your blood sugar levels are too high. If you don't make some changes, it can turn into type 2 diabetes. But the good news is, you can often reverse prediabetes with a few lifestyle tweaks.

How is prediabetes diagnosed?

A simple blood test can tell if you have prediabetes. Your doctor will check your A1c level, which shows your average blood sugar over the past 2-3 months.



Where does sugar in the blood come from?

When you eat sugary foods and drinks, or starchy foods like bread and potatoes, your body turns them into sugar.

This sugar enters your bloodstream. **Normally, your body uses a hormone called insulin to move sugar from your blood into your cells for energy.** But with prediabetes, your body doesn't use insulin as well as it should, so sugar builds up in your blood.

What causes prediabetes?

Carrying extra weight, especially around your waist, can increase your risk of prediabetes. Not being very active can also raise your chances. While some factors, like age and family history, are beyond your control, you can still make a big difference by changing your lifestyle.

If you don't address prediabetes, it can turn into type 2 diabetes. This happens to about one in ten people each year. And that's not all. Prediabetes also puts you at a higher risk for heart disease and stroke.

How to reverse your prediabetes

- 1 Choose real food over processed foods.
- 2 Cut down on sugary foods and drinks.
- 3 Limit snacking.
- 4 Eat plenty of protein.
- 5 Reduce starchy foods.
- 6 Drink less alcohol and get moving.

By following these steps, you can help reverse prediabetes and improve your overall health.



YOUR NEXT STEPS

1 Look at our green, amber, and red food list. It shows:

Green foods: Eat plenty of these

Amber foods: Eat these less often

Red foods: Avoid where possible

2 Plan your meals:

- Include foods from the green list in every meal
- Add some amber foods if you like
- Try to avoid red foods most of the time

3 Set a goal for next week.

What one thing will you try to change?
Write it here:

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You can purchase a Freshwell meal planner from the Freshwell website to help with your meal planning.
www.lowcarbfreshwell.com/resources/meal-planners/



Getting help. Changing how you eat can be hard. It's okay to ask for help:

- Talk to friends or family about your goals
- Join our Freshwell Low Carb Community if you use the internet
-  **Freshwell Low Carb Support Group**
- Ask at your doctor's surgery about local support groups



*Remember: You're doing great!
Every small change helps. Keep going!*

Always check with your doctor before making big changes to how you eat, especially if you have health problems or take medicine.

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