

# Are You at Risk for Diabetes?

For more than a third of Americans, the answer is yes. But you can do something about it. First step: Take this quiz. BY *Brittany Burke*

**A**N ESTIMATED 86 million American adults are prediabetic—they have higher than normal blood sugar levels that, barring intervention, will put most of them on track to develop full-blown type 2 diabetes in the next ten years. The good news: Even if you're in this group, it's not too late to shift course, says Elizabeth Venditti, PhD, a principal investigator with the National Institutes of Health's Diabetes Prevention Program Outcomes Study. Grab a pencil and get healthier.

## 1. You're out to dinner. What should you order?

- A** Salad with salmon
- B** Chicken and veggies
- C** Chicken, veggies, and a quinoa salad

**Answer: C** There's lots of chatter about plant-based and carb-free diets being the healthiest, but when it comes to type 2 diabetes, the most important thing is calorie control and proportions. "Half your plate should be fruits and vegetables, a quarter can be starches and

grains, and another quarter should be protein," says Venditti. Keep in mind that consuming protein and vegetables before carbs may lead to lower insulin spikes, according to recent research.

## 2. TRUE or FALSE: Watching more than two hours of TV per day can increase your risk for diabetes.

**Answer: TRUE** Studies have shown that parking it on the couch for long stretches of time can put you at greater risk. "You need at least 150 minutes of brisk activity every week," says Venditti. But don't stop there: A recent review showed that exercise alone may not completely counteract the dangers of prolonged sitting, so make it a habit to move more throughout the day and take mini walks whenever you can spare a few minutes. To monitor your progress, consider investing in a fitness tracker. While the default step goal on many trackers is set to 10,000, a 2012 report recommends 7,500 or more steps daily as a good beginner benchmark.



## 3. Which breakfast is the best diabetes fighter?

- A** Bacon and eggs
- B** Fiber-rich cereal
- C** A blueberry muffin

**Answer: B** In a study of more than 365,000 adults, those who ate the highest amount of fiber found in cereals and whole grain products regularly had a 34 percent lower risk of dying from diabetes than those who consumed the least.

## 4. What's the riskiest morning beverage?

- A** Cold-pressed fruit juice
- B** Milk
- C** Black coffee

**Answer: A** That kale-grapefruit-pineapple concoction can be a sugar bomb. Many store-bought bottles of juice contain more than 20 grams of sugar. And beware other sweet drinks: A

new study discovered that downing beverages with added sugar was associated with a 13 percent greater rate of diabetes per daily serving.

## 5. Where on your body should you be most conscious of gaining weight?

- A** Butt
- B** Stomach
- C** Thighs

**Answer: B** One study found that obese women with a waist circumference (WC) greater than 35 inches were nearly 32 times likelier to develop diabetes than those with a normal BMI and a WC below 31½. Though weight gain can seem inevitable with age, reduce belly fat by focusing on exercises that mix cardio and resistance training. Tack that onto your 7,500 steps, and you'll be off on the right foot. **D**