

# DIABETES

**WHY  
ACT  
NOW**

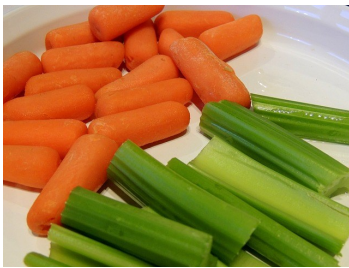
## Know Your Risk & Squash It



### What is Diabetes?

Body is unable to manage blood sugars SO excess sugar (glucose) remains in the blood.

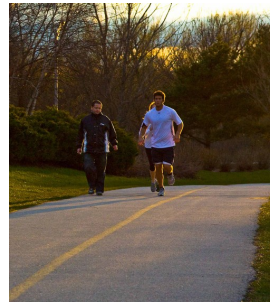
### Reducing Your Risk:



Snack between meals



Eat healthy meals



Enjoy regular physical activity



Fill meals & snacks with good sources of protein



Aim for a healthy body weight



Drink lots of water



Eat lots of colorful fruits & vegetables



Avoid sugary drinks




Drink milk & always choose whole grains



Manage stress effectively

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Sources: Canadian Diabetes Association