

Steps to prevent diabetes in Kenya. Colour lithograph by Ministry of Health, ca. 2000.

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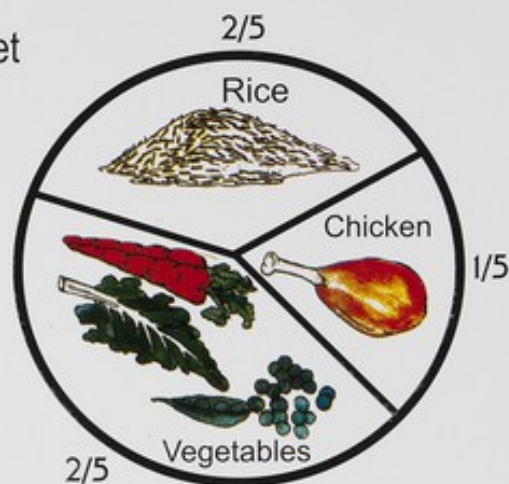
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Steps to Prevent DIABETES

1. Eat a well-balanced low fat, low sugar, high fibre diet - including a lot of vegetables and fruits.

2. Control the size of your meal portion; this is important for your blood sugar control

3. Exercise regularly, it helps reduce blood sugar and improves control. Walking, digging, riding, sport or any other activity.



4. Monitor your blood sugar at least once every year.

5. Avoid drinking alcohol.

6. Avoid smoking or using tobacco.

