Unleash Your Secret Weapons!

Some people call diabetes a “beast.” Here’s how many health experts say you can keep this monster at bay: Control your weight with proper diet and exercise. The plan of action below is a great place to begin.

December 4, 2013 By Gerrie E. Summers

Create a Simple Meal Menu

Choose nutritious foods, reduce starches and control portion size.

Eat more vegetables—especially non-starchy ones—and aim for at least three to five servings each day.

Choose whole grain foods instead of those made from refined grains and flours. Also, pick unsweetened whole grain cereals or oatmeal.

Eat lean protein foods. This means fish (two times each week), vegetable protein (beans and soy-based products), eggs or egg substitutes, skinless chicken and turkey and lean cuts of beef.

Pick fresh, frozen or canned fruits (without added sugar) to curb cravings and satisfy a sweet tooth.

Choose low-fat milk and dairy.

Consume foods with healthy fats (vegetable oils, trans fat-free margarine, avocadoes, olives, nuts and seeds).

Eat less high-calorie snacks and desserts. This means cut back on chips, cookies, cakes, full-fat ice cream and processed foods.

Drink alcohol in moderation.

Avoid beverages with added sugars.

Stay Active

Aerobic exercise and strength training can help you lose weight and maintain your results.

Do 30 minutes of moderate to vigorous aerobic exercise at least five days each week for a total of 150 minutes per week. Include activities such as brisk walking, running or jogging, hiking, bicycling and swimming, even gardening.

Do strength training using machines, free weights or resistance bands (or take bodybuilding classes) two to three days each week in addition to aerobic exercise.

© 2026 Smart + Strong All Rights Reserved.

http://beta.docker.realhealthmag.com/article/secret-weapons-24888-4484