



LET'S  
REDEFINE  
THE SWEET  
LIFE

DIABETES

You can make changes to control or even prevent type 2 diabetes altogether. Either way, balanced nutrition and regular exercise are the keys to living a sweet life.



**Quit while you're ahead**

Smokers are 30-40% more likely to develop type 2 diabetes than nonsmokers.\* Ready to quit? Get help breaking the habit at [kp.org/quitsmoking](http://kp.org/quitsmoking).



**Watch for sneaky sugars**

Hidden sugar in savory staples like pasta sauce and salad dressing add up fast – and won't satisfy a sweet tooth! Compare labels to pick low-sugar options.



**Make more moves**

Mix up your fitness routine. Cardio and strength training can help control type 2 diabetes, but the greatest benefit comes from a workout schedule that includes both.

**Want more sweet ideas?** Visit [kp.org/diabetes](http://kp.org/diabetes) and [pinterest.com/kpthrive](http://pinterest.com/kpthrive). 

\*Centers for Disease Control and Prevention

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