



Prediabetes/Impaired Fasting Glucose(Blood Sugar)

What is prediabetes?

A person is diagnosed with impaired fasting glucose (blood sugar)/prediabetes when their fasting glucose is 100-125 or their hemoglobin A1C is 5.7-6.4%. People with impaired fasting glucose have a **50% risk of developing type 2 diabetes.**

- Blood sugar between 100 and 125 mg per dL is prediabetes.
- Blood sugar higher than 126 mg per dL is diabetes.

Some things you can do to prevent progressing to type 2 Diabetes:

- Maintain a lower body weight. Your BMI should be between 18.5-24.9
- Exercise 30-60 minutes 5 times per week. Ask your health care provider what type of exercise is safe for you.
- Maintain a normal blood pressure. <140/90
- Maintain normal cholesterol and triglyceride levels.
- Eat a diet that is healthy.
 - Decrease concentrated sweets like candy, cookies, and cakes.
 - NO sugar sweetened soft drinks or iced tea.
 - Fewer white carbohydrates like rice, pasta, bread and potatoes.
 - **DO EAT** foods such as salad, vegetables, fruits, whole grain carbohydrates, fish, beans, poultry and other low fat meats.

Your health care provider can help you achieve these goals by referring you to a dietician, prescribing short term weight loss medication, anti-hypertensives or cholesterol lowering medication.