

Preventing Diabetes Action Plan

MY WHY:

WEEK 1 GOALS

STEPS I CAN TAKE TOWARDS
MEETING MY GOALS:

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WEEK 2 GOALS

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WEEK 3 GOALS

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Preventing Diabetes Action Plan

WEEK 1

- Review Food for Health & Healing Guide
- 75% of meals as plant foods
- 5-9 servings fruits & veggies
- Combine Carbs with Protein, Fats, & Fibers at meals & snacks
- Reduce added sugars
- Replace white flours with whole food carbohydrate sources

WEEK 2

- Review Creative Meal Planning Guide
- Track Colors or Variety of plant foods you eat
- Include daily colorful plants, or prebiotic/ fermented foods to support gut health
- Build Meal planning & Prep routines
- Cook at home more often / Try a new recipe with whole foods
- Increase use of cinnamon, herbs & spices
- Supplement with a high quality multivitamin with chromium; vitamin D; magnesium; fish oils; and/or berberine
- Movement! Find a new way to move your body.

WEEK 3

- Movement
 - 150 minutes Cardio weekly
 - 2 days a week of strength building
 - Tai Chi / Qi Gong / Yoga / balance
 - Walking / Everyday movement/ 8,000-10,000 steps each day
- Sleep:
 - Aim for 7-8 hours nightly
 - Use C-pap / address snoring
 - Sleep hygiene plan / consistent schedule
- Stress
 - Meditation – work up to 10 minutes/day
 - 4-7-8 breathing
 - Mindful eating / mindful first bite
- Environmental exposures
 - High fiber diet, colorful plant foods, organic produce (EWG Dirty Dozen)
 - Air Purifier and/or Water Filter
 - Reduce plastics in the kitchen
 - Review endocrine disruptor information on the EWG website