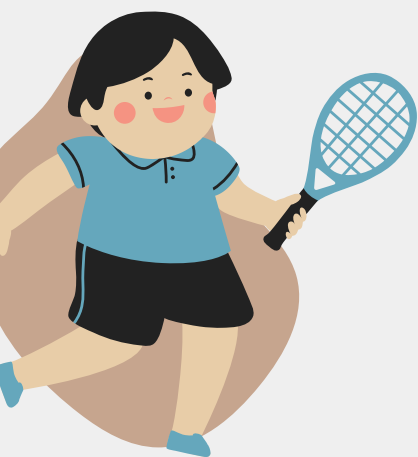


ASIAN DIABETES

Many Asian and Pacific Islander people who live in the United States have diabetes. It is becoming more common and affects 1 out of every 5 Asian Americans.¹



Here are some ways to prevent diabetes!



Regular Exercise

In addition to eating nutritious foods, you also need to exercise regularly to keep your body active, healthy, ideal, and fit.²

Eat Nutritious Food

You can consume meat, milk, eggs, or fish for protein sources, and carbohydrates from rice, potatoes, oats, or whole wheat bread to give you energy.³

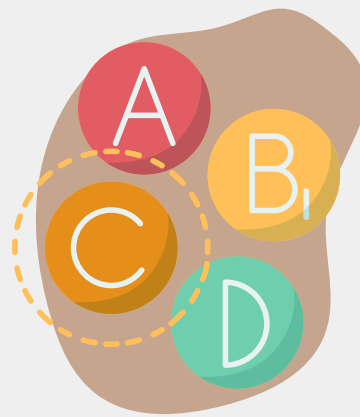


Drink More Water

Adjust this fluid requirement according to your body weight and the intensity of your activity. If you do a lot of activities, of course you need to consume more water.⁴

Sufficient Vitamin Needs

Our bodies need vitamins as a way to protect and maintain a healthy body to stay healthy and fit. Consuming vitamin D and vitamin C can help maintain a healthy body because they can help you fight illnesses.⁵



Manage Sleep Well

Sleep is the key to a strong immune system, improves memory, and can control appetite.⁶

sources

1. <https://www.cdc.gov/diabetes/library/spotlights/diabetes-asian-americans.html>
2. <https://www.nia.nih.gov/health/healthy-eating-you-age-know-your-food-groups>
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