



How to Fight Prediabetes and Save Money Doing It

By Jennifer McGregor

More than 86 million Americans have [prediabetes](#). Many of them will go on to develop type 2 diabetes, but a diabetes diagnosis isn't a guarantee. There's a lot people can do to reverse a prediabetes diagnosis and prevent it from turning into type 2 diabetes. The answer isn't in fad diets, weight loss pills and drinks, or other expensive dieting tricks, however. The best ways to reverse prediabetes are simple and affordable lifestyle changes like the following:

1. Lose excess weight

Losing weight is easier said than done, but it's the key to reducing your risk of diabetes. Obesity and severe obesity are major risk factors for developing type 2 diabetes.

Losing small amounts of weight can have a big impact on prediabetes. Dropping as little as 10% of your bodyweight can stop you from developing diabetes by improving your body's glucose

tolerance. What you eat has the [biggest impact](#) on weight, so start by reviewing portion sizes and calorie counts in your favorite foods and drinks. Once you understand what you're eating, look for ways to cut back. That may mean eating less of the things you currently eat or replacing items with healthier versions that satisfy you with fewer calories.

2. Eat well for less

Many people hold the misconception that eating healthy means spending more on food, but it doesn't have to. If you cook most of your meals at home and shop for [budget-friendly ingredients](#), you can create wholesome, low-calorie meals for less. Frozen fruit and vegetables, beans and legumes, eggs, and canned fish are all great buys that won't hurt your wallet.

Remember that it's not only calories that matter for weight loss. Carbs are important, too. Integrated Diabetes Services [recommends](#) paying attention to the carbs you eat rather than avoiding them entirely. Opt for high-quality carbohydrates like starchy vegetables, beans, and whole grains instead of white breads and sweets.

3. Stick to water

There's one easy way to take a bite out of your grocery bill: Stop buying high-calorie drinks. Soda, juice, sports drinks, energy drinks, and alcohol are high in calories while offering little nutrition — yes, even [fruit juice](#). Instead, make water your drink of choice. Replacing three cans of soda per day with water cuts your daily calorie count by 450 without any other changes.

4. Get active

Diet is an important part of the equation, but it's not the only thing you need to do to reverse prediabetes. Exercise helps with weight loss and improves your body's ability to regulate blood sugar, making it an [important part](#) of the equation. You don't have to join the gym to get active, however. Walking is a great activity for diabetes prevention, and all you need to get started is a comfortable pair of athletic sneakers, which you can find at a discount. For example, you can get a great deal on [men's footwear](#) by shopping on Rakuten.

5. Improve your sleep

If you need another reason to exercise, try this one: Staying active helps you sleep better. That's important for people with diabetes and prediabetes, because poor sleep contributes to [insulin resistance](#). It also makes it harder to make healthy food choices and find the energy to exercise. In addition to adopting a regular sleep schedule and addressing sleep apnea, make sure your bed is supportive and comfortable. While replacing a [mattress](#) can be costly, it's worth it if it helps you prevent diabetes (plus, there are lots of [clever ways](#) to save on a new bed).

6. Quit smoking

You know smoking is bad for you, but you probably don't realize that smoking affects your diabetes risk, too. [Smoking](#) increases insulin resistance, whereas quitting improves your body's ability to control blood sugar. For people who have diabetes, smoking also increases the risk of kidney, foot, eye, and gum problems. While quitting isn't easy, it is a great way to save money.

You don't have to spend a fortune fighting prediabetes. In fact, people who reverse their prediabetes stand to save a lot. That's because people with diabetes spend more than [twice as much](#) on healthcare than people without the disease. That makes preventing type 2 diabetes the ultimate money-saving move.

About the author

Jennifer McGregor is a pre-med student, who enjoys writing about health and medical topics and providing reliable health and medical resources for [Public Health Library](#) users. She knows how difficult it can be to sift through the mountains of health-related information on the web and wants to make it easier for people to find high quality health info.

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