Diabetes is on the rise, yet most cases are preventable with healthy lifestyle changes. Some can even be reversed. Taking steps to prevent and control diabetes doesn’t mean living in deprivation. While eating right is important, you don’t have to give up sweets entirely or resign yourself to a lifetime of bland “health food”. With these tips, you can still enjoy your favorite foods and take pleasure from your meals without feeling hungry or deprived.

**Taking control of diabetes**

Have you recently been diagnosed with diabetes or prediabetes? Or has your doctor warned you that you’re at risk? It can be scary to hear that your health’s on the line, especially if you feel helpless to do anything about it.

Here’s a scenario that may sound familiar: your doctor’s telling you how important it is to lose weight and transform your eating habits, but you’re already discouraged. After all, you’ve tried dieting in the past without success. And counting calories, measuring portion sizes, and following complicated food charts sounds like way too much work.