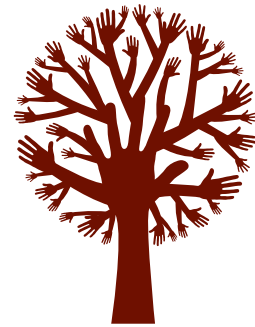


# Is Diabetes or Heart Disease in Your Family Tree?



**LOWER  
YOUR  
RISK**

[www.mn-dc.org](http://www.mn-dc.org)

Eat more fruits,  
vegetables &  
whole grains and  
less fat

Be active 30  
minutes a day,  
5 times a week

Don't smoke

Eat smaller  
portions and lose  
10 pounds if you  
are overweight

Watch your blood  
pressure and  
cholesterol

Talk to your doctor  
about all serious  
health problems in  
your family tree