



American Heart Association.

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What are the healthy lifestyle steps you can take to prevent diabetes?

The most important steps to take involve your lifestyle choices, and that includes diet and exercise. Choosing foods such as vegetables, nuts, multigrains, legumes, olive oil, fish, and fruits, with low fat protein sparingly, can help prevent diabetes. 150 minutes a week of moderate intensity exercise is essential. It is also important to watch your weight and your waistline! With these healthy tips, diabetes is a preventable disease.



Clarisa Alayeto

How does the overconsumption of sodium and sugar negatively affect the body? What are the benefits of reducing or eliminating these from your diet?

Both sodium and salt are sneaky ingredients in many foods. Sodium can increase your blood pressure, so it is very important to watch the sodium in your diet. Sugar can increase the sugars in your blood stream, triglycerides, weight, and belly fat, all which lead to metabolic syndrome and diabetes.

What are some of the "sneaky" foods to avoid when it comes to trying to reduce sodium consumption?

The AHA calls them the "Salty Six," which are the surprising foods we eat that increase the sodium in our diets. They are: breads and rolls, cold cuts and meats, pizza, soup, sandwiches, and chicken.

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