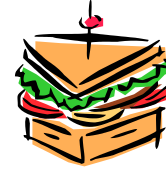

Diabetes – Eating Healthy

How do I manage my diabetes?

It is important to control diabetes by living a healthy lifestyle. This includes:

- eating healthy
- remaining active
- watching your weight
- taking medication if prescribed



What is eating healthy?

You eat healthy when you have 3 balanced meals a day. Try to drink 6 to 8 cups of water a day. If you have heart or kidney problems talk to your health care provider about the amount of water you should drink.

Eat meals around the same time each day. Try to keep the portion sizes about the same. Have a variety of foods. Include choices from the 4 food groups in the Canada Food Guide for Healthy Living. These are:

- Vegetables and Fruit
- Starch and Grain Products
- Milk and Alternatives
- Meat and Alternatives

Limit foods high in sugar such as:

- candy
- chocolate
- fruit pies
- cake
- jello
- fruit juice
- pop
- donuts
- sugar
- honey
- molasses
- sweet drinks

What foods should I include?

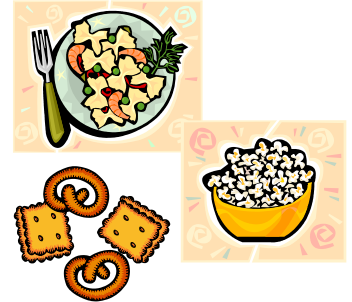
Pay attention to food groups that contain carbohydrates such as starch or grains, milk and fruit. These foods easily change to sugar.

Starch and Grain Products (1 serving = 15 grams of carbohydrate)

Starches are the main source of carbohydrate in your diet. Carbohydrates change to sugar in your body and provide your body with energy. To meet the demands of your body, have carbohydrates in smaller amounts throughout the day. For example, have 6 to 7 servings each day spread over your 3 meals and snacks.

Examples of 1 serving of starch are:

- 1 slice of bread
- 1/3 cup rice
- 1/2 cup pasta
- 1/2 cup potatoes
- 1/2 cup cereal
- 2 plain cookies
- 6 to 8 crackers
- 1/2 cup corn
- 1 cup of soup
- 1/2 medium potato



Choose high fibre products such as whole wheat bread, cereal, crackers and lentils. These fill you up, reduce constipation, reduce cholesterol levels and produce a slower rise in blood sugar levels.

Fruit and Juice (1 serving = 15 grams of carbohydrate)

Fruit provides vitamins, minerals and fibre to your diet. Fruit is high in natural sugar. Limit fruit to 3 servings a day with one fruit at a time. Eat a variety of fruit.

Examples of 1 serving of fruit are:

- 1 medium apple
- 1 orange
- 1 small banana
- 1 peach
- 1/2 grapefruit
- 1/2 cup canned fruit
- 1 medium pear
- 2 kiwi fruit
- 15 grapes
- 2 plums
- 2 cups strawberries
- 1 cup blueberries
- 2 cups blackberries



Unsweetened juice is very high in natural sugar. Limit juice to 1/2 cup a day.

Vegetables

Vegetables are a good source of vitamins, minerals and fibre. Eat a variety of vegetables in your daily diet. Aim for 2 vegetables with meals.



Milk and Alternatives (1 serving = 15 grams of carbohydrate)

Milk is a source of calcium and protein.
Limit to 1 serving with meals or snacks.
Examples of 1 serving are 1 cup of milk,
or $\frac{3}{4}$ cup of fat-free, artificially sweetened yogurt.
Choose lower fat dairy products.
Use 1% or skim milk.



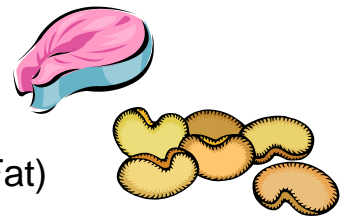
Meat and Alternatives

Protein is important for growth and body repair. Protein does not affect blood sugar directly. Protein can affect weight and risk of heart disease.

Eat 2 to 3 servings of protein a day. Choose lean varieties of meat and limit servings to the size of a deck of cards. Bake, broil or barbeque. Limit processed meats such as hot dogs, salami and bologna.

Examples of 1 serving of meat and alternatives are:

- 1 egg
- 3 ounces of fish, poultry, meat or tofu
- 1 ounce of low fat cheese – less than 20% MF (Milk Fat)
- 2 tablespoons of peanut butter
- $\frac{1}{2}$ cup of cooked lentils



Fat

Fat carries fat soluble vitamins in your body.
It protects your organs and insulates your body against heat loss.

To lower fat and cholesterol in your daily diet, limit the amount of fat you eat. This includes butter, margarine and oil.



Reduce the amount of fat you cook and prepare foods with.
Choose reduced fat products more often. Keep salad dressing and mayonnaise to as little as possible. A serving size is 1 teaspoon of butter, margarine or oil. A serving of salad dressing is 2 teaspoons.

Store bought baked goods such as donuts, pies, cakes, cookies and muffins are high in fat and sugar. Snack foods such as potato chips and chocolate are also high in fat.

Alcohol



Talk to your doctor about drinking alcohol. Alcohol can interfere with some medications. Alcohol is high in calories and can increase your weight.

- Always have food when you drink alcohol.
- Drink in moderation. This means 1 or 2 drinks. One drink is 5 ounces dry wine or 1½ ounces liquor or 1 bottle of beer.
- Avoid sweetened mixes, liqueurs, coolers, sweet wine and tonic water
- Choose sugar free pop, club soda or water for mixes.

When you drink alcohol, it is a good idea to wear medical alert identification. Alcohol can cause low blood sugar problems.

About your diet

Your diet should contain as much variety as possible. Quantity is the key. It is best to eat 3 small meals.

Metric Amounts:

1 cup	250 ml
½ cup	125 ml
1 teaspoon	5 ml
1 tablespoon	15 ml
1 ounce	30 grams

Sample Menu for Diabetes Meal Planning

Breakfast

- 1 orange
- 1 cup high fibre whole grain cereal bran flakes
- 1 cup skim or 1% milk
- 1 slice whole wheat toast
- 1 tablespoon peanut butter

Lunch

- 1 sandwich on pumpernickel bread
- 2 ounces turkey breast
- 1 teaspoon mayonnaise
- lettuce salad with low calorie dressing
- 1 peach
- 1 cup skim or 1% milk

Afternoon snack (if needed)

- 2 to 3 oatmeal cookies

Dinner

- 3 ounces of chicken
- 1 baked potato
- carrots
- green beans
- ¼ cantaloupe

Evening Snack (if needed)

- 1 cup skim or 1% milk
- 6 crackers
- 1 ounce low fat cheese

Metric Amounts:

1 cup	250 ml
½ cup	125 ml
1 teaspoon	5 ml
1 tablespoon	15 ml
1 ounce	30 grams

Extra Food Choices

You can fill up on any of these free foods. These can be eaten any time and in any amount unless you have been advised not to eat.

Extra Vegetables		
Artichokes	Celery	Onion: 250 ml (1 cup) cooked
Asparagus	Cucumber	Parsley
Bean sprouts	Eggplant	Peppers
Beans: string, green, yellow	Endive	Radish
Bok Choy	Kohlrabi	Rapini
Broccoli	Lettuce	Shallots
Brussel sprouts	Mushrooms	Spinach
Cabbage	Okra	Tomato: 1 small with meal
Cauliflower	Onions: raw	Zucchini

Extras		
Artificial sweetener	Garlic	Sugar-free pop
Bouillon	Herbs and spices	Sugarless gum
Broth or consommé	Lemon juice	Uncreamed horseradish
Clear coffee	Lime juice	Vinegar
Clear tea	Mustard	Worcestershire sauce
Club soda	Soy sauce	

Measured Extras: Limit to 1 choice a meal.	
Bar-B-Q sauce 10 ml (2 teaspoons)	Dill pickles, unsweetened: 2
Bran: natural 30 ml (2 tablespoons)	Ketchup: 5 ml (1 teaspoon)
Coffee whitener: 5 ml (1 teaspoon)	Salsa 30 ml (2 tablespoons)
Cocoa powder: 5 ml (1 teaspoon)	Sour mixed pickles: unsweetened: 11
Diet salad dressing: 15 ml (1 tablespoon)	Sweet relish: 5 ml (1 teaspoon)
Diet spread: jam, jelly 5 to 10 ml (1 to 2 teaspoons)	Whipped topping: 15 ml (1 tablespoon)