

JUST THE BASICS

Tips for Healthy Eating, Diabetes Prevention and Management



Diabetes is a condition in which your body cannot properly store and use food for energy. The fuel that your body needs is called glucose, a form of sugar. Glucose comes from foods such as fruit, milk, some vegetables, starchy foods and sugar.

To control your blood glucose you will need to eat healthy foods, be active and you may need to take pills and/or insulin.

Here are some tips to help you until you see a registered dietitian.

TIPS

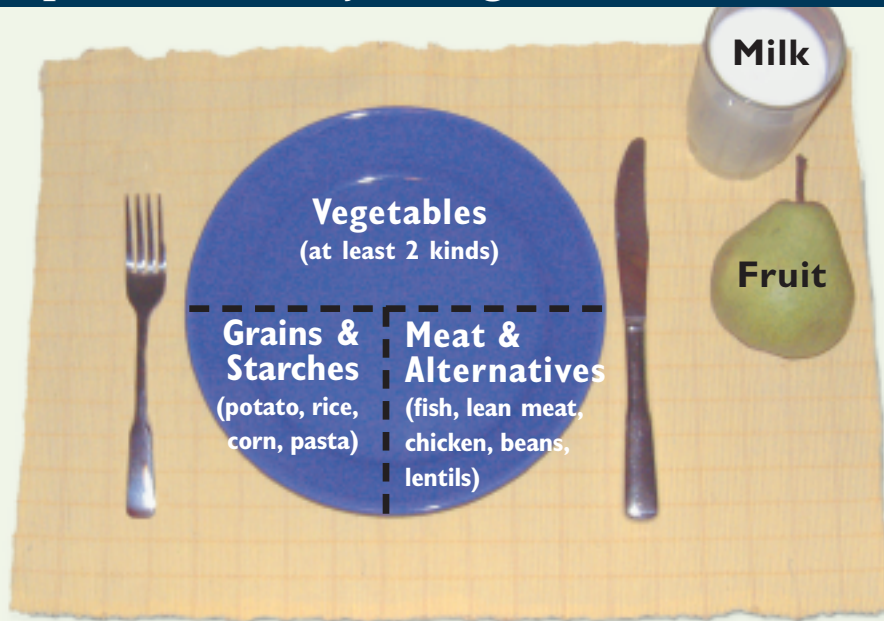
REASONS

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|--|---|
| 1. Eat three meals per day at regular times and space meals no more than six hours apart. You may benefit from a healthy snack. | Eating at regular times helps your body control blood glucose levels. |
| 2. Limit sugars and sweets such as sugar, regular pop, desserts, candies, jam and honey. | The more sugar you eat, the higher your blood glucose will be. Artificial sweeteners can be useful. |
| 3. Limit the amount of high fat food you eat such as fried foods, chips and pastries. | High fat foods may cause you to gain weight. A healthy weight helps with blood glucose control and is healthier for your heart. |
| 4. Eat more high fibre foods (whole grain breads and cereals, lentils, dried beans and peas, brown rice, vegetables and fruits). | Foods high in fibre may help you feel full and may lower blood glucose and cholesterol levels. |
| 5. If you are thirsty, drink water. | Drinking regular pop and fruit juice will raise your blood glucose. |
| 6. Add physical activity to your life. | Regular physical activity will improve your blood glucose control. |

Know who to turn to



To help you plan for healthy eating

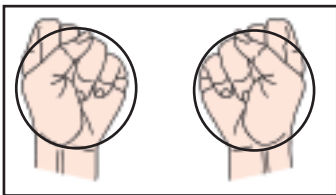


- Eat more vegetables. These are very high in nutrients and low in calories.
- Choose starchy foods such as whole grain breads and cereals, rice, noodles, or potatoes at every meal. Starchy foods are broken down into glucose that your body needs for energy.
- Include fish, lean meats, low fat cheeses, eggs, or vegetarian protein choices as part of your meal.
- Have a glass of milk and a piece of fruit to complete your meal.
- Alcohol can affect blood glucose levels and cause you to gain weight. Talk to your healthcare professional about whether you can include alcohol in your meal plan and how much is safe.

It's natural to have questions about what food to eat. A registered dietitian can help you include your favourite foods in a personalized meal plan.

Handy portion guide

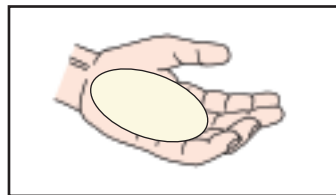
Your hands can be very useful in estimating appropriate portions. When planning a meal, use the following portion sizes as a guide:



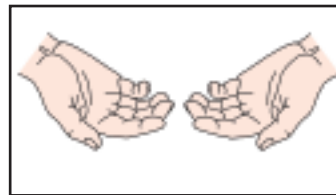
GRAINS & STARCHES*: Choose an amount up to the size of your fist.

FRUITS*:

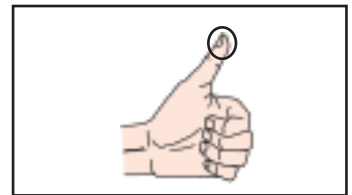
Choose an amount up to the size of your fist.



MEAT & ALTERNATIVES*: Choose an amount up to the size of the palm of your hand and the thickness of your little finger.



VEGETABLES*: Choose as much as you can hold in both hands.



FATS*: Limit fat to an amount the size of the tip of your thumb.

MILK & ALTERNATIVES*: Drink up to 250 mL (8 oz) of low fat milk with a meal.

* Food group names taken from *Beyond the Basics: Meal Planning for Healthy Eating, Diabetes Prevention and Management* ©Canadian Diabetes Association, 2005. Please refer to this resource for more details on meal planning.

To help you manage or prevent diabetes

To follow a healthy lifestyle . . .

- have at least 3 out of the 4 key food groups at each meal:
 - starch foods
 - fruits & vegetables
 - protein foods
 - milk
- have portion sizes that will help you reach or maintain a healthy body weight;
- include high fibre foods such as whole grain breads and cereals, fresh fruits, vegetables and legumes, and grains (e.g. pasta, rice);
- make lower fat choices (e.g. use skim milk, lean ground beef, trim fat on meat, chicken etc., and use small amounts of added fat such as butter and salad dressings);
- healthy eating habits should be built around a healthy lifestyle – keep active every day.



FOR BIGGER APPETITES

Breakfast:

Cold cereal (½ cup, 125 mL)
Whole-grain toast (2 slices)
1 Orange
Low fat milk (1 cup, 250 mL)
Low fat cheese (2 oz, 60 g)
Tea or coffee

Lunch:

Soup (1 cup, 250 mL)
Sandwich

- 2 slices whole grain bread or 6" pita
- lean meat, chicken or fish (3 oz, 90 g)
- tomato slices
- non-hydrogenated margarine (1 tsp, 5 mL)

Carrot sticks
Low fat plain yogurt, (¾ cup, 175 mL)
Tea or coffee

Afternoon Snack:

1 Medium apple or small banana

Dinner:

1 Large potato or cooked noodles (1½ cup, 375 mL)
Vegetables
Green salad with low fat salad dressing
Lean meat, chicken or fish (4 oz, 120 g)
1 Medium pear
Low fat milk (1 cup, 250 mL)
Tea or coffee

Evening Snack:

Peanut butter (4 tbsp, 60 mL)
Whole-grain crackers (4)
Low fat milk (1 cup, 250 mL)



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Know who to turn to



JUST THE BASICS

Tips for Healthy Eating, Diabetes Prevention and Management

- The Canadian Diabetes Association recommends that all people with diabetes should receive advice on nutrition from a registered dietitian.
- Good management of diabetes includes healthy eating, staying active and taking required medication.
- Be sure to eat breakfast. It provides a good start to the day.

To increase your physical activity. . .

- build time for physical activity into your daily routine,
- try to be active most days of the week,
- walk whenever you can, instead of taking the car,
- start slowly and gradually increase the amount of effort; for instance progress from strolling to brisk walking,
- make family activities active; try swimming or skating instead of watching TV or a movie,
- try new activities; learn to dance, play basketball, or ride a bike,
- enjoy your improved sense of health and wellbeing.



SAMPLE MEAL PLANS

You may find it helpful to use a measuring cup at first to be sure your serving sizes are correct.

FOR SMALLER APPETITES

Breakfast:

Cold cereal ($\frac{1}{2}$ cup, 125 mL)

Toast (1 slice)

1 Orange

Low fat milk (1 cup, 250 mL)

Peanut butter (2 tbsp, 30 mL)

Tea or coffee

Lunch:

1 Sandwich

- 2 slices of whole grain bread or 6" pita

- meat, chicken or fish (2 oz, 60 g)

- non-hydrogenated margarine or butter (1 tsp, 5 mL)

Carrot sticks

Low fat plain yogurt, ($\frac{3}{4}$ cup, 175 mL)

Tea or coffee

Dinner:

Potato (1 medium) or rice ($\frac{2}{3}$ cup, 150 mL)

Vegetables

Non-hydrogenated margarine or butter (1 tsp, 5 mL)

Lean meat, chicken, or fish (2 oz, 60 g)

Cantaloupe (1 cup, 250 mL)

Low fat milk (1 cup, 250 mL)

Tea or coffee

Evening Snack:

Low fat cheese (1oz, 30 g)

Whole-grain crackers (4)