

# JUST THE BASICS

## Tips for Healthy Eating, Diabetes Management and Prevention

**Diabetes** is a disease 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
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, fruits and vegetables).	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.



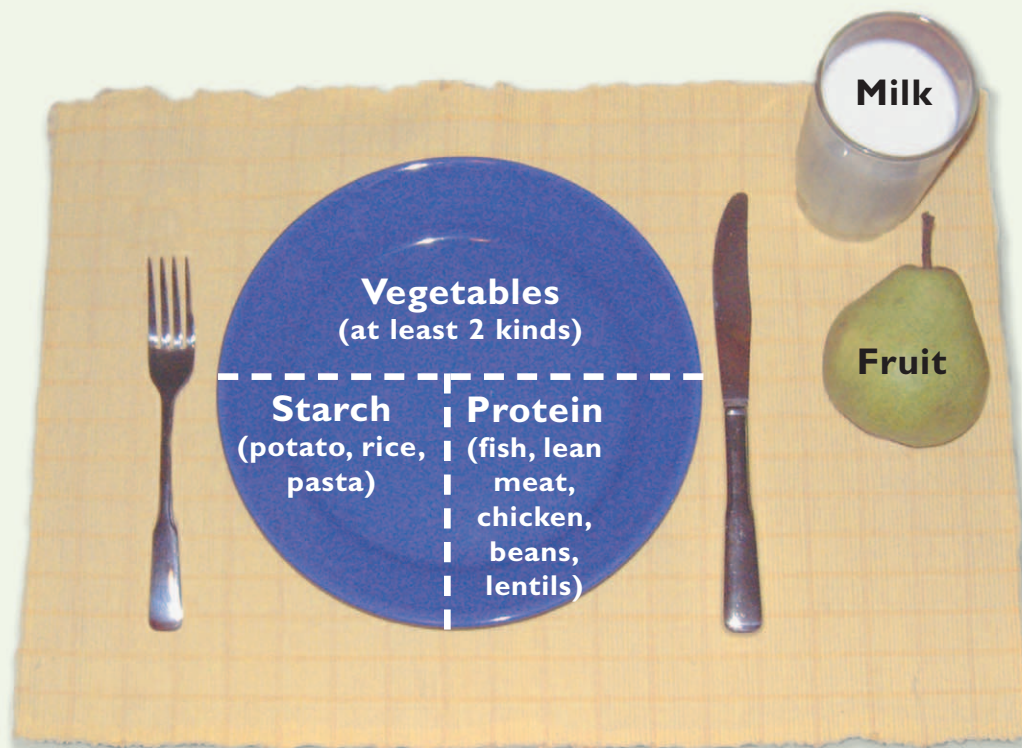
### Know who to turn to



CANADIAN  
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## 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.**

## CANADIAN DIABETES ASSOCIATION FOOD CHOICE VALUES AND SYMBOLS

You may see these symbols on food packages or recipes. These symbols represent groupings of foods based mainly on their carbohydrate content. These symbols on food packages are not an endorsement by the Association.

### **STARCH FOODS**

(whole grain breads, cereals, pasta, corn, rice, potato etc.)

### **FRUITS & VEGETABLES**

(oranges, bananas, carrots, peas, etc.)

### **MILK**

(plain yogurt, milk, etc.)

### **SUGARS**

(jam, sugar, popsicle, etc.)

### **PROTEIN FOODS**

(lean meats, poultry, fish, eggs, low fat cheese etc.)

### **FATS & OILS**

(oil, margarine, butter, salad dressing, bacon, etc.)

### **EXTRAS**

(vegetables such as lettuce, celery, herbs and spices, diet beverages, etc.)

# JUST THE BASICS

## Tips for Healthy Eating, Diabetes Management and Prevention

- The Canadian Diabetes Association recommends that all people with diabetes should receive individual 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:**

Cereal ( $\frac{1}{2}$  cup, 125 ml)  
Toast (1 slice)  
1 Orange  
Milk (1 cup, 250 ml)  
Peanut butter (1 tbsp, 15 ml)  
Tea or coffee

##### **Lunch:**

1 Sandwich  
- 2 slices of whole grain bread or 6" pita  
- meat, chicken or fish (2 oz, 60 g)  
- margarine or mayonnaise (1 tsp, 5 ml)  
Carrot sticks, 10 small  
Fruit yogurt ( $\frac{1}{2}$  cup, 125 ml)  
Tea or coffee

##### **Dinner:**

Potato (1 medium) or rice ( $\frac{2}{3}$  cup, 150 ml)  
Vegetables  
Margarine or butter (1 tsp, 5 ml)  
Lean meat, chicken, or fish (2 oz, 60 g)  
 $\frac{1}{4}$  Cantaloupe  
Milk (1 cup, 250 ml)  
Tea or coffee

##### **Evening Snack:**

Low fat cheese (1oz, 30 g)  
Soda crackers (6)

# 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:**

Cereal (½ cup, 125 ml)  
Toast (2 slices) or 1 small bagel  
1 Orange  
Milk (1 cup, 250 ml)  
Peanut butter (2 tbsp, 30 ml)  
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
- margarine or mayonnaise (1 tsp, 5 ml)

Carrot sticks, 10 small  
Fruit yogurt (½ cup, 125 ml)  
Tea or coffee

### **Afternoon Snack:**

1 Medium apple or banana

### **Dinner:**

1 Large potato or cooked noodles (1½ cup, 375 ml)  
Vegetables  
Margarine or butter (1 tsp, 5 ml)  
Green salad with lemon juice  
Lean meat, chicken or fish (4 oz, 120 g)  
1 Pear  
Milk (1 cup, 250 ml)  
Tea or coffee

### **Evening Snack:**

Low fat cheese (2 oz, 60 g)  
Melba toast (4)  
Milk (1 cup, 250 ml)

**Know who to turn to**

