

# Canadian Diabetes Association

## *Beyond the Basics: Meal Planning for Healthy Eating, Diabetes Prevention and Management*

### Frequently Asked Questions

**Q. Why is the Canadian Diabetes Association revising the meal planning guide?**

**A.** There have been changes in the management of diabetes. New research and medications have changed diabetes education. The new guide is based on current scientific evidence.

**Q. What will happen to the Association's Food Choice Values and Symbols (FCVS), those colourful markings on packages?**

**A.** The FCVS will be disappearing from packages because of new labelling regulations. As of December 12, 2005 the symbols must be removed from most packaged foods. To help consumers use the new nutrition information on the label to make healthier food choices, the Association worked with Dietitians of Canada to develop *Healthy Eating is in Store for You*™, a nutrition labelling education program available at [www.healthyeatingisinstore.ca](http://www.healthyeatingisinstore.ca). There are many tools on the website to assist consumers to use the new nutrition label.

**Q. What is new about *Beyond the Basics*, the new meal planning guide?**

**A.** There are several features of note:

- The portions of all carbohydrate-rich foods now contain 15 g of available carbohydrate.
- The *Beyond the Basics* poster clearly shows which foods are carbohydrate-rich and which contain little carbohydrate.
- Where possible, food portions are more similar to those in *Canada's Food Guide to Healthy Eating* and the Quebec and US meal planning systems.
- The names of some groups have been changed to better reflect the foods contained in the group (i.e. Starch Foods becomes Grains & Starches, Sugars becomes Other Choices to suggest the sweet and snack foods in the group).
- There are more multicultural foods to better reflect Canada's multicultural population and Canadians' love of diverse cuisines.

# Know who to turn to



- The guide uses colour-coding to help consumers: green for ‘choose more often’ foods and amber for ‘choose less often’ foods. As well, there are empty boxes for favourite foods to be added.
- All vegetables are now classed as ‘free’ to encourage consumption of vegetables for their nutritional benefits.

## **Q. How do I get a copy of the new meal planning guide?**

**A.** Those affected by diabetes should be seen by a diabetes educator for education about managing their condition. Diabetes educators will use the *Beyond the Basics* poster to discuss healthy eating with their clients.

## **Q. How do diabetes educators obtain the poster?**

**A.** Diabetes educators can order the new *Beyond the Basics* poster by downloading an order form from the Canadian Diabetes Association Literature Order Desk at [www.diabetes.ca/literature](http://www.diabetes.ca/literature) and then faxing it to (416) 363-8335.

## **Q. Is there any more information available?**

**A.** The dedicated working group of diabetes experts who developed *Beyond the Basics* have also created helpful hints for both educators and consumers. The tip sheets are available at [http://www.diabetes.ca/Section\\_Professionals/btb.asp](http://www.diabetes.ca/Section_Professionals/btb.asp)

The Canadian Diabetes Association offers other useful on-line nutrition resources, including information on the glycemic index, sugars and sweeteners and basic carbohydrate counting for diabetes management. All are available at [www.diabetes.ca](http://www.diabetes.ca) Click on “About Diabetes” then click on “Nutrition”.

## **Q. How was the *Beyond the Basics* developed?**

**A.** An extensive consultation process was used in the development of the new meal planning guide. Representatives from different aspects of diabetes and diabetes education, as well as academia and government provided input on several drafts of this resource to ensure that it would be a useful tool.

## **Q. Who are the creators of this guide?**

**A.** The working group was composed of:

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