

**REVISED Longer Lists of foods to be used with the
BEYOND THE BASICS: MEAL PLANNING FOR HEALTHY EATING, DIABETES
PREVENTION AND MANAGEMENT
December 20, 2005 – Version 2**

The Canadian Diabetes Association's new meal planning guide

In recent years, new research and new medications have changed both diabetes management and diabetes education. The Association's new meal planning guide, *Beyond the Basics: Meal Planning for Diabetes Prevention and Management*, is based on the Association's Clinical Practice Guidelines and current scientific evidence.

A colourful poster is the first item produced. In spring, 2006, there will be a larger resource manual containing more information for people with diabetes.

In the meantime, the following detailed food lists, containing information from the *USDA, 2004 (Release 17)* and the *Canadian Nutrient File, 2005*, will help to provide more variety in meal planning. However, for packaged food, the Nutrition Facts table on the label is the most accurate source of information.

This second version of the long list has been revised to reflect comments received from educators. Please note that there is now an extra column including the glycemic index (GI). Information on the GI has been taken from www.gitesting.com, www.glycemicindex.com and Foster-Powell K, Brand Miller J. International tables of glycemic index^{1,2} Am J Clin Nutr 1995;62:871S-93S.

Please remember that *Beyond the Basics* uses household measures (see below) to identify portion sizes and thus carbohydrate content in individual servings is approximate. Those patients requiring more accurate information should be taught to read labels, and use reference books. A list of some reference books is available at http://www.diabetes.ca/Section_Professionals/ng_carbcounting_resources.asp.

Household measures

<u>Imperial</u>	<u>Metric</u>
1 teaspoon (tsp)	5 millilitres (mL)
1 Tablespoon (Tbsp)	15 mL
1/4 cup	60 mL
1/3 cup	75 mL
1/2 cup	125 mL
2/3 cup	150 mL
3/4 cup	175 mL
1 cup	250 mL
1 ounce (oz)	30 grams (g)

Tr=Trace, an insignificant amount N/a= no information available