

Minor revisions to Beyond the Basics: Meal Planning for Diabetes Prevention and Management based on the 2008 Clinical Practice Guidelines

Summary of Changes

April, 2010

The changes listed below reflect the changes made to the Beyond the Basics: Meal Planning for Diabetes Prevention and Management to ensure compliance with the **2008 Clinical Practice Guidelines**. The changes have been bolded. Where there are no items impacted by the 2008 Clinical Practice Guidelines, the chapters have not been listed.

Getting Started

Page 1, paragraph 10, 6th bullet, 1st sentence

All clinical info has been based on the CDA **2008** Clinical Practice Guidelines.

Page 2, paragraph 3, 1st bullet, 2nd sentence

Available carbohydrate is the carbohydrate that remains when fibre and **all of the sugar alcohols have been subtracted**.

Page 3, Grains and Starches, 3rd sentence

Health Canada recommends adults consume **25-50 g of fibre per day** from a variety of sources.

Page 3, Milk & Alternatives, 2nd sentence:

It includes milk, **yogourt** and fortified soy beverage products.

Page 5, paragraph 4, 1st sentence

The Canadian Diabetes Association **2008** Clinical Practice Guidelines for the Prevention and Management of Diabetes in Canada recommend that people with diabetes choose low GI food more often.

Page 10, paragraph 10, 1st sentence

This information is based on the Canadian Diabetes Association **2008** Clinical Practice Guidelines for the Prevention and Management of Diabetes in Canada.

Food group: Grains & Starches

Page 11, paragraph 1, 3rd line

Choosing whole grains more often will help you meet Health Canada's recommendation that adults consume **25-50 g** of fibre per day from a variety of sources.

Page 11, 2nd paragraph, 3rd line

Carbohydrates do raise blood glucose levels, which is why the Canadian Diabetes Association **2008** Clinical Practice Guidelines for the Prevention and Management of Diabetes in Canada recommend **that to optimize glycemic control people with type 1 or type 2 diabetes should choose food sources of carbohydrates with a low glycemic index rather than a high glycemic index more often.**

Page 22, How much fibre should you eat?, 2nd sentence

Health Canada recommends adults have an intake of **25-50 g** of fibre per day...

Food group: Fruits

Page 29 Add: Dates, **fresh**

Page 32 Banana chips – replace 1 oz serving with **6 Tbsp**

Page 33 Dates – Add: **3 Tbsp (30 g)**

Food group : Milk & Alternatives

Page 35, Tips for shopping, 4th bullet:

On the label, look for the lowest percent milk fat or butter fat on milk-containing products **(add a hyphen between “milk” and “containing”)**

Page 36, What is lactose intolerance, 5th paragraph:

If you are concerned that you are not getting enough Milk & Alternatives, ask your **dietitian for** advice.

Food group: Other Choices

Page 39, 2nd paragraph, 3rd sentence

The Canadian Diabetes Association's **2008** Clinical Practice Guidelines for the Prevention and Management of Diabetes in Canada

Page 39, Nutrient content of Other Choices, 1st sentence

...available carbohydrate (total carbohydrate minus the fibre and **all of the sugar alcohol**)

Page 42, Sugars & Sweeteners: Useful information, 2nd bullet, 3rd sentence

For carbohydrate counting, **subtract the total value** of sugar alcohols from the total

carbohydrate.

Page 43-44, Sugars & Sweeteners (Fact Sheet)

A new rebranded fact sheet is available at:

<http://www.diabetes.ca/for-professionals/resources/sugars-sweeteners/>

Food group: Meat & Alternatives

Page 53, 1st paragraph, 1st sentence

Most Meat & Alternatives choices have little or no carbohydrate, so they will have a minimal **effect** on blood glucose.

Page 53, 1st paragraph:

Protein plays a role in the formation and function of enzymes and hormones. **Ensure portions of Meat & Alternatives are in line with those suggested by *Eating Well with Canada's Food Guide*.**

Page 53, Tips for meal planning, 3rd bullet, 2nd sentence

Including a source of protein at every meal can help to control your appetite **as well as lower the Glycemic Index of the meal.**

Page 53, Tips for meal planning, 5th bullet, 1st sentence

Fatty fish (such as sardines, salmon and mackerel) supply omega-3 fatty acids **that have been shown to protect against cardiovascular disease.**

Page 53, Tips for meal planning, 5th bullet, 2nd sentence

Try to eat **a minimum of two meals** of fish each week.

Page 54, Tips for meal planning (continuation), 2nd bullet, 2nd sentence

These fats can elevate blood cholesterol levels **and should be limited in our diet.**

Page 54, Tips for meal planning (continuation), 3rd bullet

Peanut butter offers an alternative choice, even though it contains a high level of “healthy” fats, **it is high in calories** so watch your portions.

Page 54, Tips for Food Preparation, 1st bullet, 1st sentence

Bake, stew, poach, boil, or grill your meat, poultry and fish. These are cooking methods that do not need added fat. **Do not overcook foods.**

Page 55, 1st bullet, 2nd sentence:

Marinades add moisture, tenderize and increase the flavour of foods while decreasing the cooking time. Choose marinades that have a base of lemon, lime, tomato juice, vinegar or wine instead of a large amount of oil to keep the total fat of the marinade low. **Choose marinades that are lower in salt and sugar to keep the sodium and carbohydrate content down.**

Food Group: Fats

Page 61, 5th paragraph

Polyunsaturated fats can also decrease blood cholesterol levels so should be selected more frequently (add to the end of the paragraph if formatting permits).

Healthy Lifestyle

Page 83, To reduce fat, 1st bullet

Fry less often- **bake, boil, poach or steam** instead

Page 83, To reduce fat, 3rd bullet

Cook meats on a rack so that the fat drips through

Page 88, Reading Labels, 2nd paragraph, 4th sentence & 5th sentence

Your body does not process sugar alcohols **well. Unless present in large amounts, you do not have to count the sugar alcohols. See the calculation below.**

(Replaces: Your body does not process sugar alcohols equally. For most sugar alcohols, only half the amount is counted as carbohydrate (see the calculation below))

Change calculation below: Available carbohydrate = Total Carbohydrate - Fibre - **Sugar Alcohols** = 30 g - 0 - **6 g = 24 g** Choices per bar: **1 ½ Carbohydrate**

Celebrations

Page 108, Tips for Eating Out (continuation), 3rd bullet, 1st sentence

Most restaurants are very happy to tell you how the food is prepared and to meet your requests (e.g., salad dressing on the side, meat **baked** instead of fried)

Page 108, Main Dishes- Meat, Fish, Chicken, Best Picks

Au Jus, baked, boiled, poached, steamed, stewed, marinated, grilled

Page 108, Main Dishes – Meat, Fish, Chicken – Passes

Barbequed with sweet, thick sauces, chicken skin, chicken wings, creamy casseroles, creamy stew, breaded, “crispy”, fried, **roasted**

Page 109, Salad bar, Best picks

Low-fat **yogourt**

Page 111, Fast food, Burger Joints, Best Pics
Baked chicken on a bun

Page 113-116, Alcohol & Diabetes (Fact Sheet)
A new rebranded fact sheet is available at:
<http://www.diabetes.ca/for-professionals/resources/alcohol/>

Special Populations

Page 117, Aboriginal Section: The Power of Choices, title
Change title to: **First Nations, Inuit and Métis: The Power of Choices**

Page 117, end of paragraph 1
Management of pre-diabetes and diabetes should recognize the unique language, cultural and geographic issues that may relate to lifestyle choices.

Page 122, Other tips (continuation), 4th bullet
Try to cook without adding fat: use the crock pot, **broil (delete)**, bake, stew, **roast (delete)**, poach, steam or boil rather than frying.

Page 127. Diabetes and Kidney Care
Change title to: **Diabetes and Chronic Kidney Care**
Change text throughout chapter to: **Chronic Kidney Disease**

Page 128, 2. Maintain good blood glucose control, 2nd paragraph
Canadian Diabetes Association **2008** Clinical Practice Guidelines for the Prevention and Management of Diabetes in Canada are below.

Page 128, Table with blood glucose values
Add to end of table: * A1C <6.5% to be considered in some patients with type 2 diabetes to further reduce the risk of chronic kidney disease.

Page 128, 3. Maintain good blood pressure control, 3rd paragraph, add sentence at the end.
Certain blood pressure medication can cause your blood potassium levels to elevate. If your potassium levels are too high your healthcare team will adjust your medication, if required, and provide you with information on a potassium reduced diet.

Page 129, Nutrition in kidney disease, 2nd paragraph, 5th sentence

Your kidney dietitian will **help plan meals for you** with the right amount of **these nutrients**.

Page 137, Vitamin D, 3rd paragraph, add at the end of the paragraph.

A vitamin D supplement of 10µg (400 IU) is recommended for people over the age of 50.