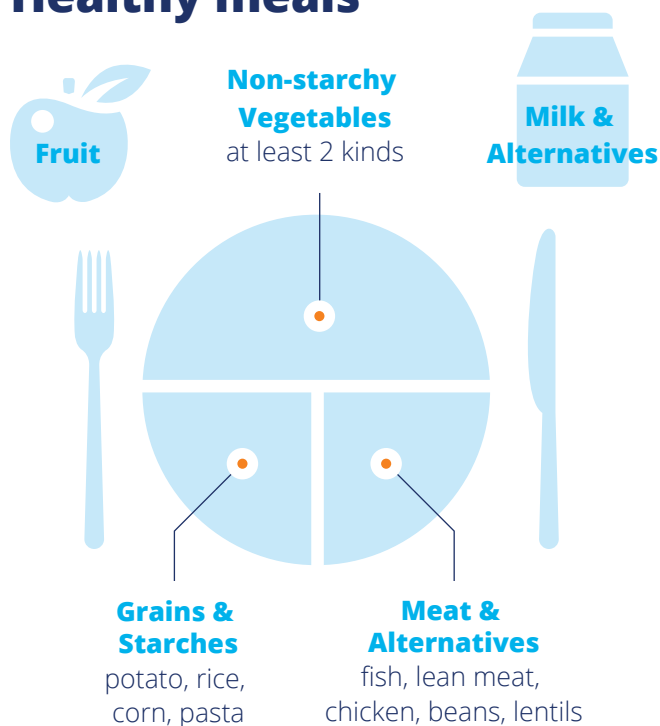


# Healthy eating and **Diabetes**

Eating a healthy diet and maintaining a healthy weight can be difficult – but they are two of the most important things a person can do to live well with diabetes or avoid developing type 2 diabetes.

**Here's what Diabetes Canada is doing to promote healthy eating.**

## Healthy meals



## Online resources

- Recipes, recipe videos and webinars on [diabetes.ca](http://diabetes.ca) and on the Diabetes Canada YouTube channel



## Helping health-care providers

- Diabetes Canada offers trusted information and tools for health-care professionals to discuss healthy eating with patients



## Working with governments

- Diabetes Canada is working with governments to
  - introduce more transparent food labelling
  - improve access to healthy food
  - restrict marketing of food and beverages to children

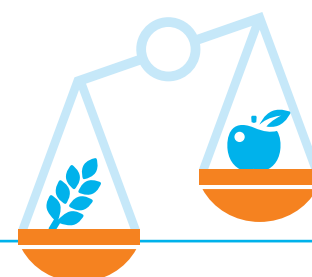


## Canadian Diabetes Prevention Program (CDPP)

- Lifestyle change program for those at risk for type 2 diabetes
- Ask your doctor if you're eligible or visit [lmc.ca/diabetes-prevention](http://lmc.ca/diabetes-prevention) for details

## Glycemic Index (GI)

Diabetes Canada is working to educate Canadians about Glycemic Index (GI). The GI is a scale that ranks carbohydrate-rich foods by how much they raise blood sugar levels. This is key information for those with diabetes, and all Canadians, to make healthy choices.



## Join us to End Diabetes

Diabetes Canada wants to make the healthy choice the easy choice when it comes to food and drinks.

Diabetes Canada relies on generous donations from people like you to help us support Canadians with diabetes or prediabetes on a national scale with our population impact strategy. Donate now at [diabetes.ca/donate](http://diabetes.ca/donate).



[diabetes.ca](http://diabetes.ca)  
1-800-BANTING (226-8464)

**DIABETES CANADA** | **END DIABETES**