

Healthy eating helps you manage your blood sugar. *Beyond the Basics* is a meal planning and carb counting tool for all people living with diabetes.

Carbohydrates (carbs) are found in certain foods. Carbs are broken down into glucose (sugar) which provides the body with fuel or energy. Different carb choices have different amounts of sugars, starch and fibre. Carb choices high in sugar and low in fibre, will raise blood sugar faster than carb choices low in sugar and high in fibre. The amount, timing and type of carb matters for people living with diabetes.

Many foods contain carbohydrates and ALL fit into a healthy eating pattern. Choose less processed, higher fibre foods with a low glycemic index more often for better health.



Using Beyond the Basics

Beyond the Basics teaches you how to identify carbohydrate containing foods and use them to plan healthy meals. It helps to plan the amount, timing and type of carb so that carb intake is the same meal by meal and over time.

Tips for success

1. **Carbohydrate containing** foods listed provide about 15 grams (g) **available** or **net** carbohydrates.
2. **Talk with a Dietitian or Diabetes Educator about nutrition goals.** A healthy eating pattern can include more than 1 carb choice at each meal or snack.
3. **Use food labels.** Look at labels if available for exact nutrition information.
4. **Measure after cooking.** Grains & Starches portions are changed by cooking. Portions shown are cooked.
5. **Foods to choose less often** are marked with this symbol (▼).

Finding Carbohydrate Values using the Nutrition Facts Table

Nutrition Facts Valeur nutritive	
Per 1 cup (100 g) pour 1 tasse (100 g)	
Calories 140	% Daily Value % valeur quotidienne
Fat / Lipides 2.5 g	4 %
Saturated / saturés 0.5 g	10 %
+ Trans / trans 1.5 g	
Carbohydrate / Glucides 27 g	
Fibre / Fibres 2 g	8 %
Sugars / Sucres 6 g	6 %
Protein / Protéines 5 g	
Cholesterol / Cholestérol 0 mg	
Sodium 210 mg	9 %
Potassium 350 mg	11 %
Calcium 10 mg	1 %
Iron / Fer 1 mg	6 %
* 5% or less is a little, 15% or more is a lot * 5% ou moins c'est peu, 15% ou plus c'est beaucoup	

Serving size: The amount shown on the label is for the serving size listed. Are you eating more, less, or the same amount? Compare your serving size to the label to see how much carbohydrate you are eating.

Total carbohydrate: The total amount of carbohydrate in grams is listed first. This number includes sugars, starch and fibre.

Fibre: Fibre does not raise blood sugar so is subtracted from the total carbohydrate to calculate available (net) carbs.

For the above product:

27 g total carb - 2 g fibre = 25 g available (net) carbohydrate

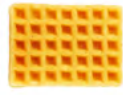
Foods that Contain Carbohydrate

Each carbohydrate serving = about 15 grams available (net) carbohydrate
or 1 carbohydrate choice

Grains & Starches

Choose whole grains such as whole wheat bread, high-fibre cereals and less processed grains and starches more often to increase fibre and nutrient intake. Grains and starches should make up $\frac{1}{4}$ of your meal or plate.

Bread, Bread Products

 Anjeero/Injera $\frac{1}{2}$ of a 12 inch	 Bagel $\frac{1}{2}$ small	 Baguette $2\frac{1}{2}$ inch piece	 Bannock $1\frac{1}{2} \times 2\frac{1}{2}$ inches	 Bread 1 slice	 Breadcrumbs 3 Tbsp	 Bun, hamburger or hot dog $\frac{1}{2}$ small
 Chapati, Roti 1 (6 inch round)	 Chinese Steamed Bun (Mantou) $\frac{1}{2}$	 Crackers, melba 4	 Crackers, rye crisp 2	 Crackers, soda 6	 Crackers, wheat 6	 Croissant, plain ▼ $\frac{1}{2}$
 Dosa $\frac{1}{2}$ of a 10 inch	 English Muffin $\frac{1}{2}$	 Malawah/Crepe 1 (8 inch)	 Naan $\frac{1}{4}$ of a 6 inch	 Pancake or Waffle 1 (4 inch) or, $\frac{1}{4}$ cup batter	 Paratha $\frac{1}{2}$ of a 6 inch	 Pita $\frac{1}{2}$ of a 6 inch
 Pizza, regular crust ▼ $\frac{1}{2}$ of a 12 inch pizza (medium)	 Taco Shells 2	 Tortilla, flour or corn 1 (6 inch), $\frac{1}{2}$ of a 10 inch	Additional items 			

Cereals

 Bran Cereal $\frac{1}{3}$ cup	 Breakfast Cereal, no added/low sugar $\frac{1}{2}$ cup	 Granola $\frac{1}{4}$ cup	 Hot Cereal (large flake oat, mixed grain) $\frac{3}{4}$ cup cooked	 Muesli $\frac{1}{4}$ cup	Additional items 
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Items shown are higher fibre, less sugar common options.

Legumes These foods provide both carbohydrate and protein.

 Baked beans $\frac{1}{3}$ cup	 Beans (black, red, white, pinto, mung) $\frac{1}{2}$ cup	 Chickpeas $\frac{1}{3}$ cup	 Dahl or lentil/pea soup, thick consistency $\frac{1}{2}$ cup	 Falafel 3 pieces	 Lentils $\frac{1}{2}$ cup	 Split peas $\frac{1}{2}$ cup
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▼ Choose less often.

Foods that Contain Carbohydrate continued

Rice, Grain, Pasta, Flour

 Amaranth 3 Tbsp cooked	 Barley, Bulgur, Couscous ½ cup cooked	 Chickpea flour ⅓ cup	 Cornmeal 2 Tbsp dry, ½ cup cooked	 Cornstarch 2 Tbsp	 Flour 3 Tbsp	 Millet ⅓ cup cooked
 Noodles (rice, egg) ⅓ cup cooked	 Noodles (soba, buckwheat) ½ cup cooked	 Pasta ½ cup cooked	 Rice ⅓ cup cooked	 Rice Flour 2 Tbsp	 Sorghum 2 Tbsp dry, ⅓ cup cooked	 Wild Rice ½ cup cooked
Additional items 						

Mixed Dishes

 Chicken Fingers▼ 3	 Chicken Nuggets▼ 6	 Dumplings 3 medium	 Empanada▼ 1 small	 Fish Sticks▼ 2	 Jamaican Beef Patty▼ ⅓ medium	 Onion Rings▼ 4
 Perogies 2	 Samosa▼ ½ medium	 Spring rolls▼ 2	 Sushi 3 pieces	 Tamale 1 small	 Wonton Soup 1 cup	
Additional items 						

Starchy Vegetables

 Cassava/Yuca/Manioc ⅓ cup	 Corn ½ cup	 Eddoes ⅓ cup	 French Fries▼ 10	 Plantain, green ½ small	 Plantain, yellow ¼ small	 Potato ½ medium
 Pumpkin 1½ cups	 Sweet Potato ½ large	 Taro ⅓ cup	 Winter Squash 1 cup	 Yam ½ cup	Additional items 	

▼ Choose less often.

Foods that Contain Carbohydrate continued

Fruits Choose fresh, frozen and canned (in own juices or water).

 Apple, Pear 1 medium	 Applesauce, unsweetened ½ cup	 Banana 1 small, ½ large	 Blueberries, Haskap 1 cup	 All other berries 2 cups	 Dates, dried 3	 Dried fruit, mixed▼ ¼ cup
 Figs, raw 2	 Juice▼ ½ cup	 Canned fruit, in juices or water ½ cup	 Grapes, Cherries ½ cup	 Grapefruit ½	 Guava 2	 Kiwi 2
 Lychee/Rambutan, fresh 10	 Mango ½	 Melon, all types 1 cup cubed	 Orange, navel 1	 Mandarin, clementine 2	 Peach, Nectarine 1 large	 Plum 2
 Pineapple ¾ cup	 Papaya 1 cup	 Pomegranate ½ medium	 Prunes 3	Additional items 		

Milk & Alternatives Choose low-fat (skim, 1%, 2%), unsweetened dairy products and/or fortified, unsweetened plant-based options more often. Some of these foods provide both carbohydrate and protein. Unsweetened Soy and Almond milk contain very little carbohydrate so are not included here.

 Buttermilk 1 cup	 Chocolate Milk▼ ½ cup	 Cow's Milk 1 cup	 Evaporated Milk ½ cup	 Goat Milk 1½ cups	 Kefir, plain 1½ cups	 Lassi, unsweetened ¾ cup
 Oat Beverage, unsweetened 2 cups	 Oat Beverage, sweetened▼ 1 cup	 Dry Powdered Milk ½ cup	 Rice Beverage, unsweetened ½ cup	 Soy Beverage, Sweetened▼ 2 cups	 Sweetened Condensed Milk▼ 1½ Tbsp	 Yogurt Drinks▼ 2 (93 mL size)
 Greek yogurt, plain 2 cups	 Greek yogurt, sweetened ¾ cup	 Yogurt, flavoured, sweetened▼ ½ cup	Additional items 			

▼ Choose less often.

Foods that Contain Carbohydrate continued

Condiments, Sauces Look for reduced sugar and reduced sodium options when available and use smaller portions when able. Consider seasonings that do not add extra carbohydrates. See page 7.

 BBQ Sauce/Charsiu 2 Tbsp	 Black Bean Sauce ½ cup	 Bulgogi Sauce 3 Tbsp	 Gochujang 3 Tbsp	 Hazelnut Spread▼ 1½ Tbsp	 Hummus ⅓ cup	 Ketchup 3 Tbsp
 Pasta Sauce/ Tomato Puree 1 cup	 Thai Chili Sauce 2 Tbsp	 Teriyaki Sauce ⅓ cup	Additional items 			

Sweets▼ Enjoy sometimes but watch portion size as they contain little to no nutrients and will make blood sugar rise more quickly. Homemade sweets and store-bought can be very different in nutrition. Check recipes and labels to be sure how to count carbs.

 Baklava 1 piece (2x2 inch)	 Banana Bread 1 piece (5x2x1 inch)	 Brownie 1 piece (2x2 inch)	 Buttertart ½	 Cookies, Arrowroot, Gingersnap, plain Digestive 3 small	 Cookies, Chocolate, Chocolate Chip, Oatmeal Raisin 2 small	 Cupcake ½
 Donut, plain glazed ½	 Gulab Jamun ½ ball	 Honey 1 Tbsp	 Ice Cream ½ cup	 Jam, Jelly 1 Tbsp	 Lemon Square, Date Square 1 piece (2x2 inch)	 Maple Syrup 1 Tbsp
 Pie (fruit or nut) ¼ piece (1 piece = ⅓ of 9 inch pie)	 Sugar 1 Tbsp	Additional items 				

Snacks Snacks can be part of a healthy eating pattern. Try to combine a protein source with carbohydrate for balance and to reduce blood sugar response.

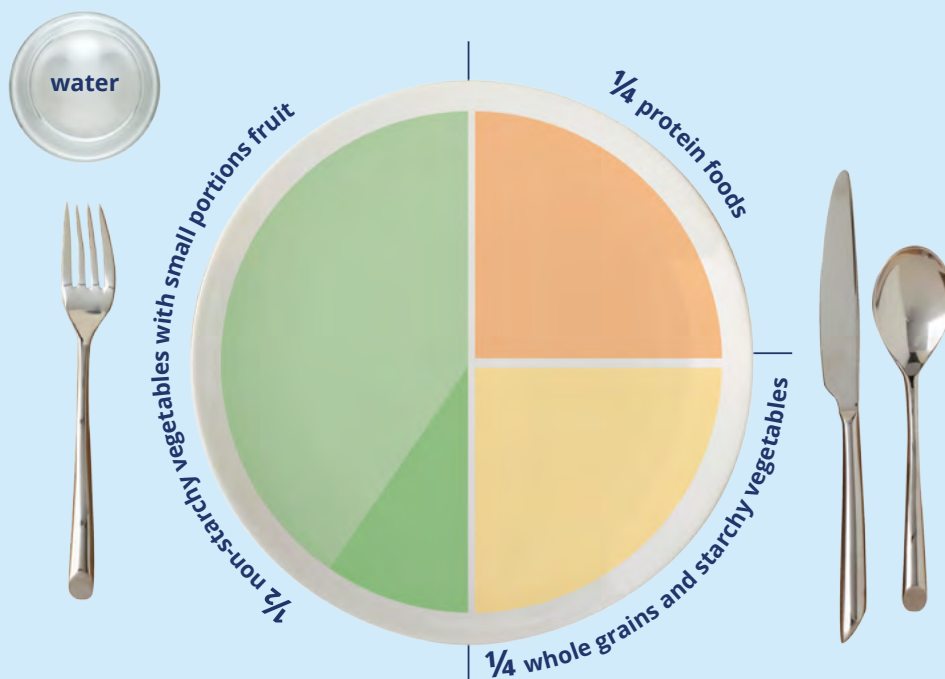
 Cheese Puffs/ Twists▼ ¾ cup	 Granola bar, oat based 1 bar	 Muffin, bran, oat type ½ small	 Popcorn, plain 3 cups	 Potato Chips▼ 15 (30 g)	 Pretzels 7 large/11 mini/ 30 sticks	 Rice Cakes 2
 Tortilla Chips▼ 6 large (25 g)	 Trail Mix, nuts, chocolate, raisins▼ ¼ cup	Additional items 				

▼ Choose less often.

Building a Balanced Meal

Using a balanced plate or bowl to create your meals helps to make sure you have a balance of carbohydrate foods, non-starchy vegetables and protein.

Fill half your plate with vegetables. Add one-quarter protein and one-quarter grains or starches. Include a small amount of healthy fat for flavor. Complete your meal with water, milk, or small portion of fruit.



Foods with Little to No Carbohydrate

Non-Starchy Vegetables Non-starchy vegetables are low in carbohydrate and provide fibre. Choose a variety of different coloured vegetables, aiming for two portions (about two handfuls) at each meal or ½ your plate. Fresh, frozen and canned (low sodium) are all healthy choices.

 Asparagus	 Beans	 Beets ■ <1/2 cup	 Bok choy	 Broccoli, Cauliflower	 Brussels Sprouts	 Cabbage
 Celery	 Carrots ■ <1/2 cup	 Collard greens	 Cucumber	 Eggplant	 Lettuce, leafy greens	 Mushrooms
 Okra	 Onion	 Parsnips ■ <1/2 cup	 Peas ■ <1/2 cup	 Peppers	 Snow, Snap peas	 Spinach
 Tomatoes, fresh, cooked, canned	 Turnips ■ <1/2 cup	Additional items 				

■ Carrots, beets, parsnips, green peas and turnips are in this category when eaten in ½ cup serving or less. If you eat 1 to 1½ cups depending on the item, you will need to include in the starchy vegetables area.

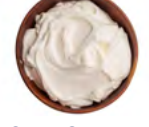
Foods with Little to No Carbohydrate continued

Proteins Choose lean meats, poultry without skin, fish and plant-based proteins more often than higher fat options or processed meats. About ¼ of your meal should be protein foods. Try to include a variety of protein foods at all meals and snacks.

 Beans & Legumes ♦	 Beef, pork, wild game, goat	 Cheese	 Cottage Cheese	 Edamame ♦	 Eggs	 Fish, Shellfish, Marine Animals
 Greek Yogurt, plain ♦	 Nuts, Seeds	 Nut Butter	 Paneer	 Poultry, chicken, turkey	 Ricotta Cheese	 Tofu, Tempeh
Additional items 						

♦ Also contain carbohydrate, read the product label to fit into your plan.

Fats & Oils Choose small amounts of healthy unsaturated fats such as canola oil, olive oil and plant-based margarine (non-hydrogenated) more often than saturated fat found in animal based products.

 Avocado	 Bacon ▼	 Butter, ghee ▼	 Coconut Milk ▼	 Cream cheese ▼	 Mayo, Miracle Whip®, reduced fat ▼	 Oils
 Olives	 Plant-based margarine or butter	 Salad Dressing	 Sour Cream, reduced fat ▼	Additional items 		

Seasonings & Flavour Boosts These foods are low in carbohydrate, protein and fat but some may be high in sodium. Read labels to fit in to your healthy eating plan.

 Dill Pickles (not sweet)	 Fish Sauce	 Ginger, garlic	 Herbs, Spices	 Hot Sauce	 Lemon, Lime	 Mustard
 Salsa	 Soy Sauce	 Tahini	 Vinegar	Additional items 		

▼ Choose less often.

Putting it All Together

Meal Plan

TIME/MEAL						
Carbohydrate containing foods						
Grains & Starches						
Fruits						
Milk & Alternatives						
Condiments, Sweets & Snacks						
Foods containing little to no carbohydrates						
Vegetables						
Proteins						
Fats						

More healthy eating information on www.diabetes.ca.

Getting started: healthy eating and diabetes | Glycemic Index Food Guide | Basic Carbohydrate Counting | Reading Labels | Handy Portion Guide | Fibre Facts | Protein & Diabetes | Healthy Snacking | Build a Balanced Snack | Build a Balanced Breakfast

NOTE: All reference amounts and carbohydrate content from Canadian Nutrient File and/or product packaging.

Notes:

