

Plant-based diet and diabetes

Diabetes Canada recommends people with diabetes follow *Canada's Food Guide* in order to meet their nutritional needs. Healthy eating is an important component of diabetes management. Knowing what to eat and how much to eat will help you manage your blood sugar levels. **Consider these tips:**

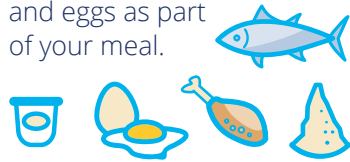
Eat lots vegetables and some fruit.

These are typically high in nutrients and low in calories.



Include protein sources

such as fish, chicken, lean meats, low-fat cheese and yogurt and eggs as part of your meal.



Eat small portions of grains and starches

including rice, potato, pasta, cereals, breads and corn.

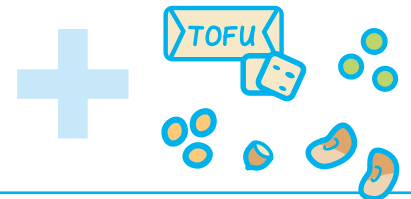


Go for healthy fats in moderation.

Select plant oils such as olive and canola, nuts and seeds, avocado and soybeans.

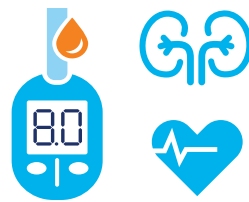


The Food Guide also recommends regularly incorporating more plant-based proteins, such as pulses (dried peas, lentils and beans), soy (fortified soy beverages, tofu, soy beans and tempeh), nuts, and seeds. **This does not mean you have to give up eating meat altogether – just consider replacing some animal-based protein sources with plant-based ones instead.**



What about a plant-based diet?

Following a vegetarian diet, a type of plant-based diet, is one way in which people with type 2 diabetes can manage blood sugar.



Other benefits?

Vegetarian diets can help with weight and blood pressure management, kidney health and lowering the risk for certain cancers. Plant-based proteins, like canned beans, are an inexpensive option for people who are looking to minimize food costs.

How can I incorporate more plant-based proteins into my diet?

If you are interested in trying more plant-based foods and beverages, start with a few plant-based snacks or dishes a week and work up. Plant-based proteins often have a neutral flavour, making them easy to incorporate in many dishes.

Here are some ideas to get you started:

Wake up with a yummy latte made with a unsweetened fortified soy beverage.



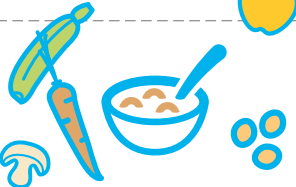
Kick off your day with a bowl of oatmeal. Try using a unsweetened fortified soy beverage in your oatmeal instead of water.

Add chickpeas, lentils or black beans to your soup or salad at lunch.



Need an afternoon pick-me-up? Whip up a healthy smoothie packed with veggies, a little fruit and unsweetened fortified soy beverage!

Cook up a big bowl of bean-rich chili that's loaded with vegetables.



Make a hearty bowl of lentil soup or try a quinoa salad for dinner. Quinoa is a whole grain that is also a source of protein.

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CANADA**

For more information:
1-800-BANTING (226-8464) or visit: diabetes.ca

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