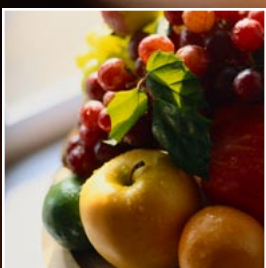


Eat Right Feel Better

Healthy Eating Guidelines for Diabetes



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Healthy Eating for Diabetes

When we eat food, it breaks down to sugar (glucose) and enters the blood stream. When you have diabetes, your body does not have enough insulin to move the sugar from your blood stream to your cells. The sugar stays in your blood and cannot be used by your body for energy.

Diabetes can often be managed by balancing the kinds and the amounts of foods eaten.

Some foods raise blood sugar: carbohydrates = sugar

- Carbohydrates: bread, cereal, grain, potato, corn, fruit, milk and sugary foods

Some foods slow down how fast sugar goes into the bloodstream:

- Meat & Alternatives: Meat, fish, poultry, cheese, eggs, tofu, peanut butter, dried peas, beans and lentils
- Fats: Butter, margarine, gravy, oil and salad dressings
- Dietary fibre: Whole grain breads and cereals, fresh fruits, vegetables, beans, lentils and legumes

Other factors can lower your blood sugar:

- Activity
- Diabetes pills and insulin
- Alcohol

This handout is based on the principles outlined in Eating Well With Canada's Food Guide and will give you a well-balanced meal plan. Some changes have been made to include the guidelines from the Canadian Diabetes Association Beyond the Basics information.



General Guidelines

1. Eat three meals each day (and snacks if recommended)

Try to eat from at least four of the following food groups at each meal. Be sure to add a meat and alternatives food choice to each main meal.

The main food groups are:

- Grains & Starches
- Fruits
- Vegetables
- Milk & Alternatives
- Meat & Alternatives

2. Eat at regular times

The spacing and timing of meals is very important. Allow four to six hours between main meals. Snacks (if recommended) should be eaten at least two hours before the next meal.

3. Eat foods high in fibre

These are whole grain breads and cereals, fruits, vegetables and legumes (dried peas, beans, lentils).

4. Choose lower fat foods

Limit the amount of fat you add to food such as: butter, margarine, gravy, cream, oil, mayonnaise and salad dressings. Try baking, barbecuing, boiling, roasting and broiling more often. Limit fried, creamed, breaded and scalloped dishes.

5. Limit sugars and sweets

Read labels carefully! Look for words that mean sugar such as glucose, fructose, lactose, corn syrup, corn sweeteners, dextrose, sucrose and invert sugar. If sugar is listed in the first 3 ingredients, then the product is high in sugar.

6. Limit "diet" foods marketed towards people with diabetes

This includes diet candy, diet cookies, diet chocolate, etc. Discuss the use of these foods with your dietitian.

7. Limit salt and salty foods

Eat less processed foods, condiments and snack foods. This may help control blood pressure. Try herbs and spices instead of salt. (e.g. Mrs. Dash™, Lawry's Natural Choice Seasoning™, etc.). Do not use No-Salt™, Half Salt™ or Co-Salt™ until you have talked to your dietitian.

8. Keep active every day

Walk, swim, dance, ride a bike; being active will help lower your blood sugar.

Food Groups

Grains & Starches

Recommended Servings

	19 - 50 years old	51 years and older
Females	6 -7 servings per day	6 servings per day
Males	8 servings per day	7 servings per day

Serving Size

1 serving = 15 grams carbohydrate = 3 tsp sugar

Healthier Choices

- Choose whole grains, such as whole wheat pasta and brown rice more often to increase fibre intake
- Limit to 2 - 3 servings per meal and 1 serving per snack
- To lose weight limit 1-2 servings per meal

Examples of 1 serving

Bagel	¼ large or ½ small
Bannock, baked.....	2" X 2"
Bread, whole grain or enriched white	1 slice
Bun and roll	1 small
Cereal, (hot)	¾ cup
Cereal, cold	½ cup
Cookies, plain	2
Corn on cob.....	½
Corn, kernel.....	½ cup
Crackers	7
Cupcake or plain cake (no icing)	1 small

Food Groups

English Muffin	1/2
Fry Bread	5" diameter x 1" thick
Graham Wafer.....	3
Hamburger or hot dog bun	1/2
Melba Toast, plain	4
Muffin, homemade, low sugar	1 small or 1/2 large
Naan bread.....	1/4 (6")
Pancake, waffle	1 small (4")
Pasta, spaghetti, macaroni.....	1/2 cup cooked
Pizza crust	1/12 (12")
Pita bread.....	1/2 medium (6")
Popcorn, air-popped.....	3 cups popped
Potato.....	1 small or 1/2 cup mashed
Rice.....	1/3 cup cooked
Rice cakes.....	2
Soup, thick type	1 small bowl (1 cup)
Sweet Potatoes.....	1/3 cup
Taco shell, tortilla shell.....	2 small (5")
Tortilla, chapati, roti.....	1 (6")

Limit foods high in sugar

- Sweet rolls
- Squares
- Cereal with sugar coating
- Store bought muffins
- Cake with icing
- Pies, pastry
- Donuts
- Granola, granola bars
- Cookies with icing or filling



Food Groups

Grains & Starches

Tips

To Increase Fibre:

- Choose whole grain breads and cereals
- Add high fibre cereals to yogurt or to hamburger patties or meatloaf. Be creative!

To Lower Sugar:

- Bake low sugar muffins, cookies and loaves by cutting up to half the amount of sugar that is in the recipe or use an artificial sweetener like Splenda™.

To Lower Fat:

- Use less margarine and other fats on foods
- Limit high fat bakery foods such as cookies, store-bought muffins, cakes and crackers



Food Groups

Fruits

Recommended Servings

3 - 4 servings per day

Serving Size

1 serving = 15 grams carbohydrate = 3 tsp sugar



Healthier Choices

- Choose fresh, frozen or canned fruit (water packed) more often than those packed in fruit juices.
- Limit to 1 serving of fruit per meal or snack
- Limit to 1 serving of juice per day

Examples of 1 serving

Blackberries, strawberries.....	2 cups
Blueberries	1 cup
Canned fruit, no sugar added	½ cup
Dried fruit.....	2 medium prunes, 4 apricot halves or 2 tbsp raisins
Fresh fruit	1 small or ½ large
Fruit juice, unsweetened.....	½ cup
Grapes, cherries.....	15
Kiwi, plums.....	2 medium
Melon	1 cup
Mixed dried fruit.....	¼ cup

Limit foods high in sugar

- Fruit canned in syrup
- Sweetened frozen fruit or dried fruit
- Jellied salad made with regular Jell-O™

Food Groups

Milk & Alternatives

Recommended Servings

	19 - 50 years old	51 years and older
Females	2 servings per day	3 servings per day
Males	2 servings per day	3 servings per day

Serving Size

1 serving = 15 grams carbohydrate = 3 tsp sugar

Limit to 1 serving of milk and alternative per meal or snack

Healthier Choices

- Choose low fat milk and alternatives that contain calcium and vitamin D

Examples of 1 serving

Buttermilk.....	1 cup
Chocolate milk, flavoured milk	½ cup
Evaporated milk, canned	½ cup
Milk (skim, 1%, 2%)	1 cup
Pudding, diet.....	½ cup
Skim milk powder	4 tbsp
Soy beverage, flavoured	½ cup
Soy beverage, plain	1 cup
Yogurt, plain or diet	¾ cup



Food Groups

Limit foods high in sugar

- Fruit flavoured yogurt
- Frozen yogurt
- Ice cream
- Milk shakes
- Pudding (regular)

Tips

To decrease fat, which may help lower cholesterol:

- Choose lower fat yogurt (< 2% M.F.)
- Use low fat milk (skim or 1% Milk)



Food Groups

Vegetables

Recommended Servings

At least 4-6 servings per day

Serving Size

½ cup cooked or 1 cup raw

Vegetables are an excellent source of vitamins, minerals and fibre and are low in carbohydrates, calories and fat. The majority of vegetables can be eaten freely and will not cause your blood sugars to rise.



Healthier Choices

- Limit parsnips, peas, squash, stewed canned tomatoes or turnips to less than one cup per meal due to their higher carbohydrate content
- Choose a variety of fresh vegetables, especially those that are dark green or brightly coloured such as broccoli, carrots, spinach and tomatoes
- Increase variety by having two different vegetables at each main meal

Note: Potatoes, sweet potatoes and corn have been included in the Grains and Starches group due to their high carbohydrate content.

Limit foods high in sugar

- sweetened pickles

Food Groups

Meat & Alternatives

Recommended Servings

	19 - 50 years old	51 years and older
Females	5 servings per day	5 servings per day
Males	7 servings per day	7 servings per day

Examples

- Breakfast 1 - 2 servings
- Lunch 1 -2 servings
- Supper 2 - 3 servings

Examples of 3 servings (3 oz) of meat, fish or poultry

- 1 small chicken breast
- 1 small pork chop
- 1 fish fillet or 3 small fish sticks (a piece of meat about the size of a deck of cards)

Include a Meat and Alternatives food choice at each main meal. Meat and Alternatives are good sources of protein which helps to control blood sugars.

Healthier Choices

- Choose lean meats, poultry without skin, fish and lower fat cheese
- Legumes (beans and lentils) are low in fat and high in fibre, they also contain some carbohydrate which may have little effect on blood sugar because of their low glycemic index

Food Groups

Meat & Alternatives

Examples of 1 serving

Back bacon.....	1 oz
Canned fish.....	¼ cup
Cheese.....	1 oz. (20% M.F. or less)
Cottage cheese (1-2 %)	¼ cup
Dried meat.....	1 oz
Dried peas, beans, lentils (cooked).....	½ cup
Eggs	1 large
Egg Substitute, liquid	1 ½ oz (¼ cup)
Hummus.....	⅓ cup
Kidney	1 oz
Liver.....	1 oz
Meat, fish, poultry (cooked)	1 oz
Peanut butter (100 % natural).....	2 tbsp
Sardines or smelts.....	1– 2 fish
Shrimp, fresh or frozen.....	4 - 6 large or 8- 10 medium
Tofu, firm / regular.....	¼ cup (1 ¾" X ¾")

Limit foods high in sugar

- Sweet sauces e.g. sweet and sour, honey garlic and teriyaki
- Ginger beef or chicken
- Honey glazed ham

Food Groups

Tips

To reduce fat:

- Use lean meat and cut off visible fat and skin
- Look for meat with little marbling
- Use low fat cooking methods (baking ,broiling, boiling, roasting or barbecuing)
- Limit high fat processed meat (wieners, sausages, cold cuts and bacon)
- Limit battered/fried protein foods (e.g. fish & chips, chicken fingers)



Food Groups

Fats

Recommended Servings

6 servings per day

Limit to 1 serving per meal for weight loss

Healthier Choices

- Pick heart healthy unsaturated fats such as canola oil, olive oil, non-hydrogenated margarines and small portions of nuts
- Read food labels and choose foods which say “low saturated fats” and “no trans fat”

Examples of 1 serving

Avocado	1/6 each
Bacon	1 slice
Cheese spread e.g. Cheese Whiz™	1 tbsp
Cream cheese	1 tbsp
Cream or cream sauces	2 tbsp
Gravy	2 tbsp
Indian popcorn (beef fat)	1 tsp
Low calorie salad dressing	2 tbsp
Non-hydrogenated margarine, oil, butter	1 tsp
Nuts or seeds.....	1 tbsp
Salad dressing (except Thousand Island)	2 tsp
Tahini	½ tbsp
Thousand Island dressing.....	1 tsp

Food Groups

Limit foods high in sugar

- Ultra low fat salad dressings
- Coffee whitener

Tips

Use as little added fat as possible:

- Try 'light' products
- Avoid deep fried foods
- Use non stick spray instead of oil for frying
- Choose monounsaturated and polyunsaturated fats more often (e.g. soft non-hydrogenated margarine, canola oil, olive oil, peanut oil, corn oil, safflower oil, sunflower oil)
- Limit saturated and hydrogenated fats and oils (e.g. palm oil, coconut oil, butter, lard, beef fat, vegetable oil shortening)



Food Groups

Extras

Extras include foods low in calories, carbohydrates, protein and fat and can be eaten as desired.

- Spices, herbs
- Coffee (limit to 4 cups per day)
- Tea
- Water
- Lemon juice
- Vinegar
- Sweeteners (limit to 3 - 4 packages/day)
 - Aspartame (Nutrasweet™, Equal™)
 - Sucralose (Splenda™)
 - Cyclamate (Sugar Twin™, Sucaryl™)
 - Acesulfame Potassium (Sunnett™)



Eat in moderation

- Sugar-free pop
- Low calorie fruit drink crystals
- Soda water, mineral water
- Low calorie jelly powder

Limit to 1 - 2 servings per day

- Sugarless candy and gum 1 piece (limit 3 per day)
- No added sugar jam 2 tsp
- No added sugar syrup 2 tsp
- No added sugar popsicles 1
- Lite hot chocolate 1 package
- Ketchup, relish, barbecue sauce 1 tsp

Tips

- Use less salt in cooking and at the table
- Use only small amounts of mustard, ketchup, barbecue sauce and relish
- Use herbs and spices (e.g. garlic and onion powder instead of seasoning, garlic and onion salt)

Food Groups

Other Choices

Limit foods high in sugar

- Sugar - all types (white, brown, maple, icing)
- Honey, molasses, sweet sauces (sweet and sour sauce)
- Candy, chocolate, fudge, gum with sugar
- Jam, jelly, marmalade
- Syrup
- Regular jelly powder
- Regular pop, slurpees, fruit flavoured crystals, iced tea and lemonade
- Popsicles
- Chocolate drink mixes/hot chocolate
- Sherbet and ice cream

Tips

Eating small amounts of these foods will not affect overall blood sugars. However, these foods have more calories that will make weight loss more difficult.

For weight loss and managing blood sugars:

- Avoid beverages sweetened with sugar
- Limit sweet desserts to 1 - 2 times per week, choose fruit instead
- If you have a sweet dessert or sugar food, eat a smaller amount of starch foods, fruit or milk at that meal



Alcohol

Discuss alcohol use with your physician or diabetes health care team

Low Risk Drinking Guidelines

- Zero drinks – lowest risk of an alcohol related problem
- If you don't drink, don't start
- Limit 1- 2 standard drinks on any one day
- Women – maximum 9 standard drinks per week
- Men – maximum 14 standard drinks per week

What is a standard drink?

One standard drink (13.6 g of alcohol):

- 12 ounces (341mL) of regular strength beer (5% alcohol)
- 1.5 ounces (43mL) of spirits (40% alcohol)
- 5 ounces (142mL) of wine (12% alcohol)

Limit drinks high in sugar

- Sweet wines (greater than # 3)
- Liqueurs
- Sweet cocktails
- Wine coolers

Tips

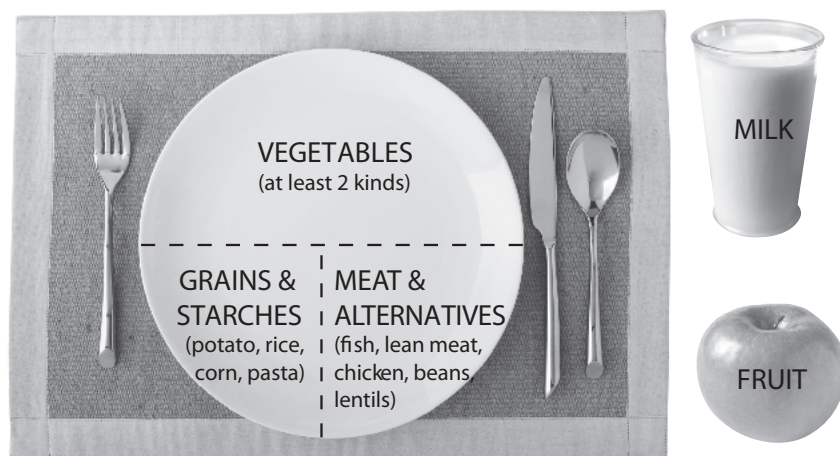
- Light beer is lower in alcohol and calories than regular beer
- Dry beer is lower in sugar than regular and light beer
- Use less alcohol and stretch your drinks with sugar free mixes
- Never drink alcohol on an empty stomach, as it may cause low blood sugar
- Enjoy your beverage as part of a main meal
- Eat extra carbohydrate food if you are dancing or doing other physical activity
- Remember that higher alcohol beers and wine coolers have more alcohol than 1 standard drink

For more information on diabetes and alcohol, ask your dietitian for a copy of the Canadian Diabetes association handout "Alcohol + Diabetes"



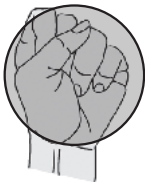
Guide to Meal Planning

- Enjoy a variety of foods from all food groups
- Fill half of your plate with lots of vegetables at each meal as shown in diagram below and try to eat at least one dark green and one orange vegetable each day
- Choose grains/starches such as whole grain breads and cereals, whole grain rice and pasta or potatoes at every meal
- Include lean meats, fish, poultry, low fat cheeses, eggs or vegetarian choices (beans & lentils)
- Complete your meal with a serving of fresh fruit and glass of milk or diet yogurt
- Use the picture below to help you plan for healthy eating and correct portion sizes. Have portion sizes that will help you reach or maintain a healthy body weight



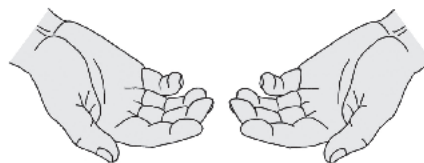
Handy portion guide

Your hands can be very useful in estimating appropriate portions. When planning a meal, use the following portion sizes as a guide:



FRUITS */GRAINS & STARCHES *:
Choose an amount the size of your fist for each of Grains & Starches, and Fruit.

MILK & ALTERNATIVES *: Drink upto 250 mL (8 oz) of low-fat milk with a meal.



VEGETABLES*:
Choose as much as you can hold in both hands.



MEAT & ALTERNATIVES *:
Choose an amount up to the size of the palm of your hand and the thickness of your little finger.



FATS*:
Limit fat to an amount the size of the tip of your thumb.

1500 Calorie Meal Plan

Breakfast	Amount	Sample Menu	Your Sample Menu
Grains & Starches	1-2 servings	1-2 slices whole grain bread	
Fruit or Juice	1 serving	small apple or ½ cup apple juice (unsweetened)	
Milk & Alternatives	1 serving	1 cup 1% milk	
Meat & Alternatives	1 serving	1 poached egg	
Fats	1 serving	1 tsp margarine	
Extras (free)	as desired	tea/coffee	
Mid morning snack	1 serving fruit	1 small banana	
Lunch	Amount	Sample Menu	Your Sample Menu
Grains & Starches	2 servings	1 cup soup & 1 slice whole grain bread	
Fruits	1 serving	1 cup cubed cantaloupe	
Vegetables	as desired	lettuce, tomato, celery	
Milk & Alternatives	1 serving	½ cup diet pudding	
Meat & Alternatives	1-2 servings	1-2 oz. canned tuna or salmon	
Fats	1 serving	1 tsp. margarine/light mayonnaise	
Extras (free)	as desired	tea/coffee/diet pop	
Mid afternoon snack	1 serving starch	2 digestive cookies	
Supper	Amount	Sample Menu	Your Sample Menu
Starches	2 servings	1 large baked potato	
Fruits	1 serving	½ cup grapes	
Vegetables	2 servings	½ cup carrots and ½ cup broccoli	
Milk	1 serving	1 cup 1% milk	
Meat & Alternatives	2-3 serving	2-3 oz. roast beef	
Fats	1 serving	1 tbsp low fat gravy	
Extras (Free)	as desired	tea/coffee/diet pop	
Bedtime snack	1 serving grains & starches	3 stoned wheat thins	
	1 serving meat & alternatives	1 slice (1 oz.) low fat cheese	

1800 Calorie Meal Plan

Breakfast	Amount	Sample Menu	Your Sample Menu
Grains & Starches	2-3 servings	¾ cup cooked oatmeal cereal and 1 small bran muffin	
Fruit or Juice	1 serving	½ cup orange juice (unsweetened) or 1 orange	
Milk & Alternatives	1 serving	1 cup 1% milk	
Meat & Alternatives	1 serving	1 oz. low fat cheese	
Fats	1 serving	1 tsp margarine	
Extras (free)	as desired	tea/coffee	
Mid morning snack	1 serving fruit	1 small apple	
Lunch	Amount	Sample Menu	Your Sample Menu
Grains & Starches	2-3 servings	1 cup soup & 1-2 slices whole wheat bread	
Fruits	1 serving	½ cup pineapple	
Vegetables	as desired	lettuce, tomato, celery	
Milk & Alternatives	1 serving	¾ cup diet fruit yogurt	
Meat & Alternatives	2 servings	2 oz. lean ham or turkey	
Fats	1 serving	1 tsp. margarine/light mayonnaise	
Extras (free)	as desired	tea/coffee/diet pop	
Mid afternoon snack	1 serving grains & starches	3 arrowroots	
Supper	Amount	Sample Menu	Your Sample Menu
Starches	2-3 servings	⅔ – 1 cup brown or wild rice	
Fruits	1 serving	1 large peach	
Vegetables	2 servings	½ cup mixed vegetables and 1 cup spinach salad	
Milk	1 serving	1 cup 1% milk	
Meat & Alternatives	3 serving	3 oz. roast chicken	
Fats	1 serving	1 tsp vinaigrette dressing	
Extras (Free)	as desired	tea/coffee/diet pop	
Bedtime snack	1 serving grains & starches	4 whole wheat melba toast	
	1 serving meat & alternatives	2 tbsp peanut butter	

Snack Ideas

Grains and Starches

- 1 small homemade muffin
- 2-3 plain cookies (see cookie/cracker list)
- 3 cups popcorn popped
- ½ English muffin or ¼ large bagel

Grain and Starches and Meat & Alternatives

- 7 crackers and 1 oz. cheese
- 1 toast and 2 tbsp peanut butter
- ½ meat sandwich
- ½ cup cereal with milk and 1 oz. low fat cheese

Fruits

- 1 small apple/banana/pear/peach
- Dried fruits (2 prunes, 4 apricot halves or 2 tbsp. raisins or ¼ cup mixed dried fruit)
- ½ cup fruit (unsweetened)



Fibre Facts

Eating more fibre has many benefits

- lower blood cholesterol
- maintain good blood sugars
- promote bowel regularity
- aide with weight loss
- reduce the risk of developing certain types of cancer

Recommended Intake

25-50 grams per day from a variety of sources including soluble and cereal fibre

Tips

- Choose high fibre foods like whole grain breads and cereals more often. Look for a cereal with more than 4 grams of fibre per serving
- Include at least 5 servings of fruits and vegetables each day
- Drink 6 – 8 glasses of fluid daily
- Add legumes to soups stews, sauces and chili. Legumes include: Baked beans, kidney beans, lentils, chick peas and split peas
- A special type of fibre called soluble fibre has been shown to help improve blood sugars and lower LDL (bad) cholesterol levels. Soluble fibre can be found in oatmeal, oatbran, lentils, flaxseed, barley, fruit (especially apples, pears, prunes and citrus fruits) and psyllium



Fibre Facts

Fibre Content of Foods

Grain & Starch Products	Amount	Total Fibre (g)
Fibre One™	½ cup	14.2
All Bran Buds with Psyllium™	⅓ cup	13
All Bran™ Cereal	⅓ cup	11.2
Raisin Bran™	1 cup	6.1
Granola	½ cup	5.8
Oatmeal	1 cup	4.0
Cheerios™	1 cup	3.0
Wheat flour, whole grain	1 cup	14.6
Whole wheat pasta, cooked	1 cup	6.3
White pasta, cooked	1 cup	2.5
Brown rice, long grain, cooked	1 cup	1.8
Whole Wheat Pita (8 inch)	1	4.7
Whole wheat bread	1 slice	2.0
Rye bread	1 slice	1.5
White bread	1 slice	0.7
Meat and Alternatives	Amount	Total Fibre (g)
Kidney beans, canned	½ cup	7.8
Lentils, boiled	½ cup	7.8
Black Beans, cooked	½ cup	7.5
Pinto Beans, cooked	½ cup	7.2
Baked Beans, canned	½ cup	6.9
Chick Peas/Garbonzo Beans, boiled	½ cup	5.3
Lima Beans, cooked	½ cup	4.7
Peanut Butter	2 tbsp	2.0
Flaxseed **	¼ cup	11.5
Almonds **	¼ cup	4.4
Soynuts **	¼ cup	3.5
Hazelnuts **	¼ cup	3.3
Sunflower seeds **	¼ cup	3.0
Pecans **	¼ cup	2.5
Walnuts **	¼ cup	1.3
Meat, fish, poultry, eggs		0

** Although nuts are a good source of fibre, they also contain high amounts of fat and calories. It is important to watch the serving sizes closely.

Fibre Facts

Fruit	Amount	Total Fibre (g)
Pear with skin	1 medium	5.5
Apple with skin	1 medium	4.4
Raspberry	½ cup	4.0
Blackberry	½ cup	3.8
Boysenberry	½ cup	3.6
Saskatoon	½ cup	3.5
Banana	1 medium	3.1
Kiwi	1 medium	2.7
Cherry	15	2.6
Nectarine	1 medium	2.4
Peach	1 medium	2.2
Apple without skin	1 medium	2.1
Apricot	3 small	2.1
Blueberry	½ cup	2.0
Grapefruit	½ whole	2.0
Strawberry	½ cup	1.8
Mango	1 medium	1.5
Pineapple	½ cup	1.1
Cantaloupe, cubed	½ cup	0.7
Grapes	½ cup	0.5



Fibre Facts

Milk and Alternatives (this food group does not contain any fibre)		
Vegetables	Amount	Total Fibre (g)
Green peas, boiled	½ cup	4.4
Squash	½ cup	3.1
Spinach	½ cup	2.6
Potato without peel, baked	1 medium	2.6
Green or yellow beans, cooked	½ cup	2.0
Brussels spouts	½ cup	2.0
Cabbage, cooked	½ cup	1.8
Carrot (20cm X 2.5cm)	1	1.7
Tomato	1 medium	1.5
Bean sprouts	½ cup	1.5
Corn, cooked	½ cup	1.1
Cauliflower	½ cup	1.4
Celery	½ cup	0.8
Asparagus	½ cup	0.6
Cucumber	½ cup	0.4



The Glycemic Index

What is the Glycemic Index of food?

The Glycemic Index (GI) is a scale that ranks foods on how they affect your blood sugar levels. This scale measures how much your blood sugar increases in the two to three hours after eating. The speed in which the food raises your blood sugar is called the “glycemic response”. This glycemic response is influenced by many factors, including how much food you eat, how much the food is processed and how the food is prepared.

The GI is about foods rich in carbohydrates. Foods that raise your blood sugar level quickly have a higher GI rating than foods that raise your blood sugar level more slowly. Foods high in protein and fat do not cause your blood sugar levels to rise.

Why should I eat foods with a low Glycemic Index?

- Control your blood glucose levels
- Control your cholesterol level
- Control your appetite
- Lower your risk of heart disease
- Lower your risk of Type 2 Diabetes



The Glycemic Index

Tips

How to include the Glycemic Index as part of a healthy meal plan:

- Include fresh fruits, vegetables and low fat milk products with meals and snacks
- Try new foods that have a lower GI (e.g. barley, bulgur, couscous)
- Experiment with beans, legumes and lentils by including them in dishes like chili, soups and salads
- Choose low GI foods instead of high GI foods from the grains and starches food group (e.g. converted or parboiled rice vs instant or short grain rice, sweet potato vs russet baking potato)
- Choose low GI instead of high GI breads and breakfast cereals e.g. stone-ground whole wheat or pumpernickel bread instead of white bread, All-Bran™ cereals instead of Bran flakes™ or cooked oatmeal instead of Cheerios™
- Include at least one low GI food per meal
- When meal planning, include at least two meals per day based on low GI foods
- Use vinaigrette instead of creamy salad dressing. It is lower in fat, plus the acidity of the vinegar slows digestion, thereby lowering the GI of the meal
- Limit the amount of processed/refined foods, as they tend to be low in fibre and have a high GI
- Consult with a Registered Dietitian for recipes and other ideas on how to include low GI foods in your meal plan. Ask your Dietitian for a copy of the Canadian Diabetes Association (CDA) Glycemic Index food chart for more information

Eating Out

Making healthy choices at a restaurant does not have to be difficult. The following is a general guideline to help make dining out fun, enjoyable and healthy. Choose the items that fall under the “Choose More Often” category most frequently as they contain less fat.

Ordering from the menu

Appetizers and Salads

Choose More Often:

Salsa, vegetable antipasto, steamed or raw vegetables, raw vegetable salad with oil and vinegar or low calorie dressing, broth based soups

Choose Less Often:

Sauces made with cheese, butter or cream, creamy dressing, salad mixtures with premixed dressing, potato salad, pasta salad, cream soups

Tips

When ordering a salad:

- Ask for the dressing on the side
- Limit high fat additives like croutons, bacon bits and olives

At the salad bar:

- Try kidney beans or chick peas; they are an excellent source of fibre
- Limit coleslaw and marinated vegetables that usually contain hidden sugar or oil

Grains and Starches

Choose More Often:

Whole wheat bread and rolls, melba toast and bread sticks, bagels or English muffins, baked, boiled or mashed potato, brown or wild rice, whole wheat pasta

Choose Less Often:

Pastries, deep fried baked goods, cheese toast, garlic toast

Eating Out

Tips

- Ask for chives or salsa on baked potatoes
- Limit butter and sour cream and don't use both
- Choose plain rice or baked potato instead of french fries

Entrees (main dishes)

Choose More Often:

Fish, poultry and lean red meat prepared without added fat, baked, barbecued, boiled, broiled, poached, roasted or steamed dishes, pasta with marinara or tomato sauce

Choose Less Often:

Sauces and gravies, breaded and deep fried foods, foods served with cream sauces

Tips

- Insist that dressings, gravies and sauces be served on the side or not at all
- Enjoy lasagne, quiche, ribs, and macaroni and cheese occasionally but remember these dishes are high in calories, fat and sodium
- Ask for smaller portions (senior's portion)
- Share a meal or take home a "doggy bag"

Vegetables

Choose More Often:

Fresh, steamed, boiled or baked vegetables

Choose Less Often:

Vegetables prepared with butter, cream or cheese sauces, fried, breaded, scalloped or creamed vegetables



Eating Out

Desserts

Choose More Often:

Fresh fruit, sugar free gelatins , sherbet or sorbet, angel food cake

Choose Less Often:

Pastries, pies, cakes, pudding, ice cream

Beverages

Choose More Often:

Water, tea, coffee or decaffeinated coffee, soda water, mineral water, unsweetened fruit juice, vegetable juice, low fat milk, diet pop

Choose Less Often:

Drinks high in sugar, cream or eggs, alcoholic beverages (consult your physician about use of alcohol)

- Remember tonic water, lemonade, instant ice tea, and clamato juice are high in sugar and calories
- Request skim milk, 1% or 2% rather than whole milk or cream

Buffet survival tips

When you eat out at a buffet, look at all the variety of foods that are offered before you select your choices. Try and avoid deep fried foods and foods high in sugar. Fill your plate with lots of vegetables. Use a smaller plate and wait 20 minutes to see if you are still hungry before you go for seconds.



Eating Out

Tips for limiting your sodium when dining out

Restaurant meals are often higher in sodium than the foods you prepare at home because they use many prepared products or mixes.

- Use the pepper mill or a squeeze of lemon for added flavour instead of the salt shaker
- Ask that your foods be prepared without salt
- Choose items prepared without sauces, gravies or dressings
- Limit condiments such as mustard, ketchup, pickles and soy sauce
- Watch for the words “in cocktail sauce”, “smoked”, “in broth” or “in a tomato base” which indicate foods high in sodium
- Remember that Chinese and Japanese foods may be high in sodium. You may ask that the food be prepared without MSG (Monosodium glutamate) and that soy sauce be served on the side
- Limit meals from fast food restaurants as these foods are generally high in sodium and fat



Eating Out

Multicultural and Specialty Cuisine

Food Type	Choose More Often	Choose Less Often
Chinese	vegetable dishes (stir fries, chow mein, chop suey) steamed or boiled dishes, wonton, hot and sour or clear soups steamed dumplings, poached dishes (jum), roasted dishes (kow) or barbecue dishes (shu)	sweet and sour or deep fried dishes, egg rolls and spring rolls, meals with lots of cashews or peanuts (small amounts OK), dishes with lobster sauce, fried rice/noodles
Japanese	sashimi and sushi, miso soup, yakitori	tempura dishes, deep fried foods, katsu(deep fried pork), teriyaki or sukiyaki dishes
Greek	salad (horiatiki) with dressing on the side, kebobs, hummus, tzatziki, pita bread	spanakopita, ribs, baklava
Thai	rice paper wraps or rolls, kabobs, satay, ginger or garlic dishes, fish, clear soups	deep fried Thai rolls, coconut milk, peanut or curry sauce, coconut rice
Mexican	enchiladas, chicken fajitas, plain soft taco, soft corn tortillas, spicy chicken, Mexican rice or black beans, salsa, pico de gallo and gazpacho	nachos, sour cream, cheese, taco salad, hard shell taco, guacamole and refried beans, fried tortillas and chimichangas
East Indian	lentil dishes, pilaffs, chapati, naan, kutchra, roti without ghee, baked samosas, biryani, mulligatawny or lentil soup. Fish or chicken prepared in masala, bhuna, saag, vindaloo, tandoori or tikka style, plain pullao (Basmati rice), raita dahl, chutney	fried samosas, pakoras, ghee, deep fried food, poori, parantha, coconut soup, meat, fish or poultry prepared in malai or korma style. Rice cooked in coconut milk, Papadums(chips)
Italian	pasta with marinara, marsala, tomato sauces, primavera, piccata (lemon), cacciatore dishes, minestrone soup. Ask for items grilled or lightly sautéed, bruschetta with little oil, pizza with vegetable topping	garlic bread, alfredo, cream or cheese sauce, pesto, parmigiana dishes, ceasar salad and risotto
Burger Chains	veggie burgers or beef burgers with tomato, pickle, lettuce and onion; grilled chicken on a bun, with no mayo or special sauces	burgers with cheese, special sauces and bacon, fillet of fish, chicken nuggets or breaded chicken burger
Pizza Places	vegetarian, ham and pineapple, chicken or beef toppings, light cheese	pepperoni, sausage or bacon toppings, extra cheese, ranch style sauces, sour cream toppings
Deli or Coffee Shops	lean or roasted meats (chicken, turkey) or seafood, vegetables, low fat muffins, bagels, coffee and tea black or with added skim milk	saucers, mayonnaise, sausage meats, deli salads, cream cheese, cream soups, coffee or tea with cream or artificial creamers, cheese breads, cinnamon buns or baked goods

Remember, it is what you eat most of the time that is important to your health!

Weight Loss

Tips

- Avoid second helpings
- Use a smaller plate at meals to cut down on serving sizes
- Avoid overeating in the evening. Try the healthy snack ideas listed below
- Limit alcohol intake
- Limit restaurant and fast food meals
- Be aware of what you're eating - don't watch TV or read at the same time

Healthy snack ideas

- Fresh fruit
- Raw vegetables
- Popcorn
- Low fat cheese and melba toast
- Diet fruit yogurt
- Plain cookies or crackers
- Cereal with low fat milk

Physical Activity

Regular physical activity helps you:

- Lower blood sugar
- Improve cholesterol
- Lose weight
- Decrease depression
- Lower blood pressure
- Decrease stress
- Feel better

Tips to get moving:

- Choose aerobic activity that increases your heart rate (e.g. brisk walking, swimming, dancing, biking, aquasize and aerobics)
- Pick an activity you enjoy
- Wear comfortable shoes
- Increase activity slowly until you can be active every day
- Plan winter activities too, (e.g. walk in malls, dance, swim, use a stationary bicycle, a treadmill or exercise videos)

Your SMART Goals

Set your SMART goals

S = Specific

M = Measurable

A = Achievable

R = Realistic

T = Timely

- Ask a friend to join you and have fun!
- Ask your doctor how much activity you can do. Start slow and work your way up to 30 minutes/day

Nutrition _____

Activity _____

Weight Loss _____

Smoking _____

Stress _____

Alcohol _____

Other: _____

Notes

Coach / Health Care Provider _____ Contact: _____

Websites

Canada's Food Guide: www.hc-sc.gc.ca/fn-an/food-guide-aliment/index-eng.php

Canadian Diabetes Association: www.diabetes.ca

Dietitians of Canada: www.dietitians.ca

National Aboriginal Diabetes Association: www.nada.ca

Nutrition Labelling Education Centre: www.healthyeatingisinstore.ca

References

Beyond the Basics: Meal Planning for Healthy Eating, Diabetes Prevention and Management, Canadian Diabetes Association, 2006

Bowes and Church's - Food Values and Portions Commonly used by Jean A.T. Pennington Ph.D., RD. 1998

Eating Well with Canada's Food Guide, Health Canada 2007

USDA Food and Nutrient Database

Canadian Diabetes Association 2008 Clinical Practice Guidelines



