



Eating Low Starch/Sugar

Carbohydrates (starch/sugar) give our bodies energy and other nutrients. When we digest carbohydrates, they turn into sugar. When we eat a lot of sugar our bodies can't use the sugar effectively, so it stays in our blood making our blood sugars high. So, lowering our carbohydrate intake can improve our health!

Which Foods are Carbohydrate Sources to Limit?

- Cookies/pastries
- Ice cream
- Chocolate
- Pop and juice
- White and brown Sugar
- Breakfast Cereal
- Honey/syrup
- Granola bars
- Oatmeal/porridge
- Potatoes
- Flavoured yogurt
- Fruit
- Rice
- Bread/bannock
- Pasta
- Crackers

Did You Know? Some carbohydrate foods are more dangerous to our health than others. These are usually high in sugar and very processed (not natural). By just eating less of these specific foods, you can already better your health without avoiding all the carbohydrate foods mentioned above!

What are the foods that we should avoid?

✗ Breakfast cereals – Froot Loops, Frosted Flakes, Corn Pops, Sugar Crisp, Honey Nut Cheerios, Mini Wheats, Cinnamon Toast Crunch, Honeycombs.

✓ Try Instead – Fiber 1 cereal, Bran flakes, Raison Bran, Corn Flakes, Oatmeal, Cream of Wheat!



✗ Sugar sweetened drinks – Ice tea, Coke/Pepsi, Vitamin water, Slushie, Juice/Fruit

✓ Try Instead – water, water with lemon juice, while milk, tea or coffee with no added sugar.



✗ Snack foods – Oreos/other cookies, Cheesies/other chips, muffins/cupcakes, chocolate covered granola bars, ice cream.

✓ Try Instead - plain popcorn, nuts, yogurt, cheese, frozen/fresh fruit, crackers, carrots, Hard boiled eggs, etc.





If I'm not eating carbohydrates, what CAN I eat?

Most of the food that we eat in a “western” diet are carbohydrates.

When we eat a more traditional diet, we are already eating less starch/sugar!

The bulk of your meals should be made up of the following foods:

- Protein Foods
 - Meat – Moose, elk, beef, pork, chicken, goose, fish (trout, whitefish, walleye, etc.)
 - Eggs
 - Beans (canned or dried)
 - Nuts and seeds
- Fats
 - Butter
 - Olive/canola oil
- Vegetables
 - All kinds!
 - Fresh, frozen, or canned
- Dairy Products
 - Cream
 - Milk
 - Plain yogurt
 - Sour cream, cream cheese
 - Cheese
- Drinks
 - Water – flavor it with lemon or frozen fruit
 - Tea and coffee – no sugar or sweetener!



Other Tips:

- Listen to your body - eat only when you are hungry and stop eating when you are satisfied.
- If you are always hungry after a meal eating this way, add more fat to your meal (fat makes you feel full) instead of more rice, potatoes, or pasta. Some ideas include:
 - Add some butter or oil to your vegetables when cooking them.
 - Add an extra bit of cheese to your plate.
 - Enjoy a ½ cup of 2% or 3.25% milk with your meal.
- How you eat is just as important as what you eat! Enjoy the foods you eat with others whenever possible, limit distractions like TV/phones, and be in the moment.
- Cook at home as often as possible to avoid those high sugar, processed foods.
- Eat a variety of foods each day to get all the nutrients your body needs.