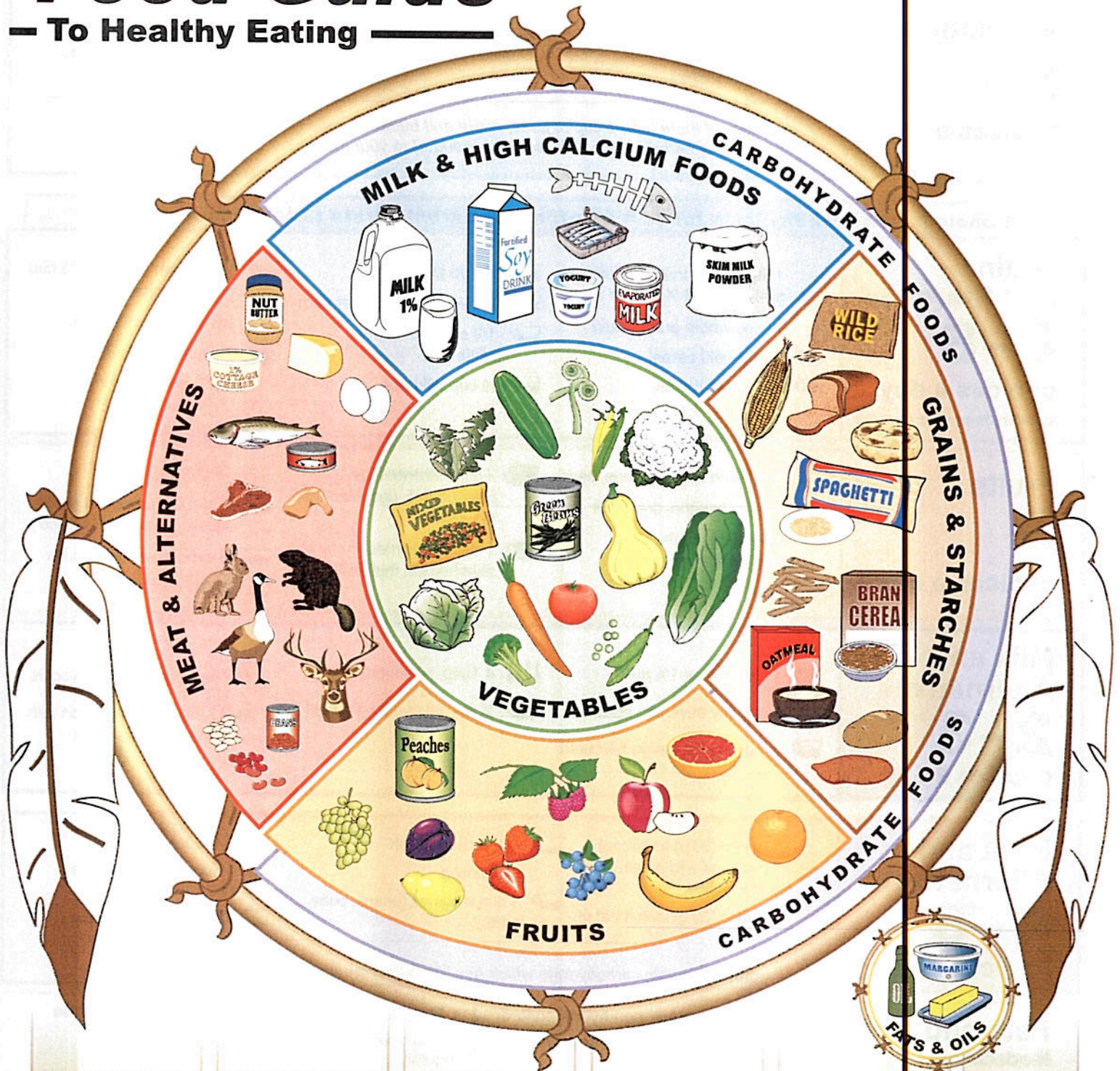


— The —
Diabetes
Food Guide
 — To Healthy Eating —

Aboriginal



Vegetables

Choose dark green and orange more often

Grains & Starches

Choose more whole grains

Fruits

Choose a variety of colourful fruits

Milk & High Calcium Foods

Choose lower fat dairy products

Meat & Alternatives

Choose lean meats, poultry, fish & beans

Fats & Oils



Choose fats from nuts and vegetable oils

The Diabetes Food Guide

Recommended Daily Food Choices

What is a choice?

Vegetables
5+
choices a day

-  1 cup raw leafy vegetables and wild plants
-  1 cup raw or ½ cup cooked carrots, broccoli, cabbage, squash, pumpkin, tomato, mixed frozen vegetables, string beans, celery, cauliflower, cucumber, onions, green and red peppers, beets, turnip, zucchini











portions of more than 1 cup of peas, acorn and butternut squash, and tomato sauce will add 15 g of carbohydrate (3 teaspoons of sugar) to your meal

1 choice from carbohydrate foods = 15 grams of carbohydrate (3 teaspoons of sugar)






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
Grains and Starches
6-8
choices a day
Measure food after cooking

- 1 square bannock, whole grain 1 ½ x 2 ½ inches
- 1 slice whole grain bread
-  ½ cup cold cereal
-  ¾ cup hot cereal
-  ½ cup pasta
-  ½ cup corn or ½ ear corn
-  1/3 cup brown rice, white rice
-  ½ cup wild rice
-  ½ medium potato or ½ cup mashed potato
-  1/3 cup sweet potato
-  3 cups of popcorn
-  1 (2") small muffin





Fruits
3
choices a day

- 1 medium apple, orange, pear
- 1 small banana, grapefruit
- 2 medium plums, kiwi, clementine oranges
-  2 cups strawberries, blackberries, gooseberries, raspberries
-  1 cup blueberries, currants, elderberries, mulberries
- 15 grapes, cherries
-  ½ cup unsweetened apple-sauce, canned fruit in juice
-  ½ cup unsweetened juice
-  ¼ cup dried fruit

Milk and Alternatives
2-3
choices a day






-  1 cup skim or 1% milk
-  1 cup soy beverage plain
-  ½ cup soy beverage flavoured
-  4 Tbsp, powdered milk
-  ½ cup fat free evaporated milk
-  ¾ cup low fat plain yogurt
-  1 cup canned salmon with bones or 8 sardines

Meat and Alternatives
4-8
choices a day

- 1 ounce (30 g) traditional meats and wild game, fish and shellfish
- 1 ounce (30 g) lean meat or poultry
-  ¼ cup canned fish
- 1 large egg
-  ½ cup legumes (beans, peas, lentils)*
-  2 Tbsp. peanut butter
- 1 ounce (30 g) cheese (< 20 % MF)
-  ¼ cup cottage cheese (1-2 % MF)

*legumes contain carbohydrate which has little effect on blood glucose

Fats and Oils
Moderation

-  1 tsp. margarine, non-hydrogenated
-  1 tsp. oil, canola, olive, soybean, ooligan grease
-  1 Tbsp. nuts or seeds
-  1 Tbsp. salad dressing, regular
-  1 Tbsp. light mayonnaise

Sweets

Have sweets in moderation and enjoy small portions. Choose food and beverages low in added sugars.

Physical activity

Be physically active for at least 30 minutes most days of the week.

Different people need different amounts of food:

This guide gives you a lower and higher number of servings from each food group. See a Dietitian to help you determine how much you need.



Centretown Community Health Centre
Centre de santé communautaire du Centre-ville

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