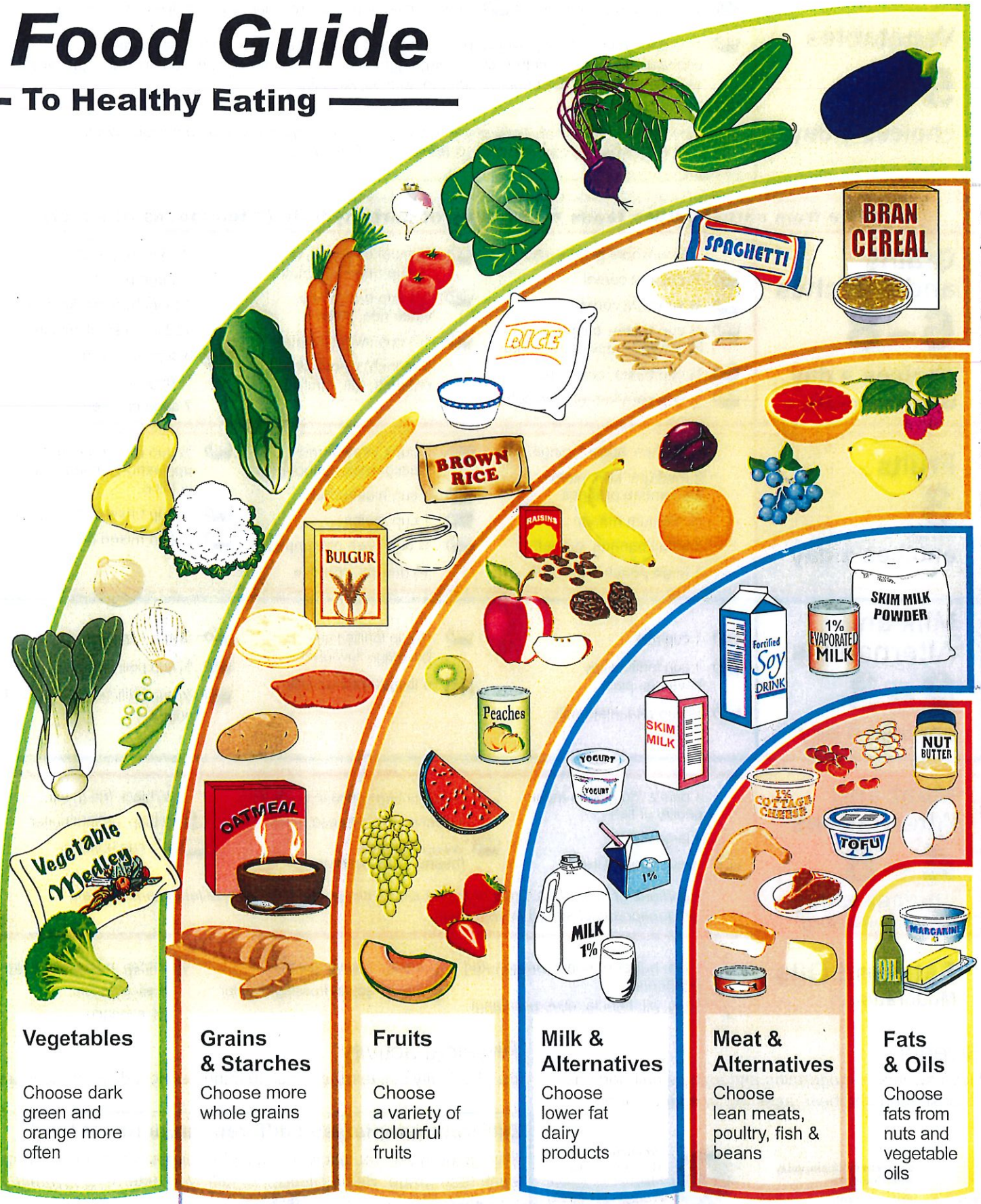


The

Diabetes Food Guide

To Healthy Eating

CARBOHYDRATE FOODS



Vegetables

Choose dark green and orange more often

Grains & Starches

Choose more whole grains

Fruits

Choose a variety of colourful fruits

Milk & Alternatives

Choose lower fat dairy products

Meat & Alternatives

Choose lean meats, poultry, fish & beans

Fats & Oils




Choose fats from nuts and vegetable oils

CARBOHYDRATE FOODS

The Diabetes Food Guide

| | |
|--------------------------------|-------------------|
| Recommended Daily Food Choices | What is a choice? |
|--------------------------------|-------------------|

Vegetables 5+ choices a day

-  1 cup raw leafy greens, or  ½ cup cooked (spinach, romaine, kale, endive, swiss chard)
-  ½ cup raw/cooked: asparagus, beets, broccoli, green and yellow string beans, carrots, cabbage, cauliflower, celery, cucumber, eggplant, leeks, mushrooms, mixed frozen vegetables, onions, green and red peppers, tomato, turnips, zucchini


















** portions of more than 1 cup of parsnips, peas, winter squash and tomato sauce will add 15 g of available carbohydrate (3 teaspoons of sugar) to your meal.*

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








CARBOHYDRATE

Grains and Starches 6-8 choices a day

Measure after cooking











- | | | |
|--------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------|
|  1 slice whole grain bread |  ½ medium potato or ½ cup mashed potato |  ½ (6 inch) pita bread |
|  ¾ cup hot cereal |  1/3 cup brown rice, white rice, millet |  ¼ large bagel |
|  ½ cup cold cereal |  1/3 cup sweet potato |  1 (4 inch) pancake or waffle |
|  ½ cup barley, bulgur, buckwheat, quinoa, wild rice |  1 (6 inch) whole wheat chapatti, roti, tortilla |  1 (2 inch) small muffin |
|  ½ cup pasta, couscous | |  3 cups popcorn |
|  ½ cup corn kernel or ½ cob | |  ½ english muffin |
| | |  7 soda crackers |

Fruits 3 choices a day

- | | | |
|-------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------|
| 1 medium: apple, orange, pear |  2 cups strawberries, blackberries, raspberries |  ½ cup unsweetened applesauce, canned fruit in juice |
| 2 medium: kiwi, plums, clementine oranges |  1 cup blueberries |  ½ cup unsweetened juice |
| ½ medium mango |  1 cup melon |  ¼ cup mixed dried fruit |
| 1 small banana, grapefruit |  ¾ cup fresh pineapple | |
| 1 large peach, nectarine | 15 grapes, cherries | |






FOODS

Milk and Alternatives 2-3 choices a day

- | | | |
|------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------|
|  1 cup milk |  ½ cup fortified soy beverage flavoured |  ½ cup evaporated milk |
|  1 cup fortified soy beverage plain |  1 cup blueberries |  ¾ cup plain low fat yogurt |
|  ½ cup chocolate milk |  1 cup melon |  ¾ cup artificially sweetened yogurt |
| |  ¾ cup fresh pineapple | |
| | 15 grapes, cherries | |






Meat and Alternatives 4-8 choices a day

Measure after cooking

- | | | |
|-------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------|
| 1 ounce (30 g) lean meat, poultry or fish |  ¼ cup cottage cheese (1-2% MF) | ½ block (85 g) tofu |
| 1 large egg | 1 ounce (30 g) cheese (<20% MF) |  2 tbsp. peanut butter |
|  ¼ cup canned fish |  ½ cup legumes (beans, peas, lentils)* |  1/3 cup hummus |

** portions of more than 1 cup of beans and lentils will add 15 g of available carbohydrate (3 teaspoons of sugar) to your meal.*

Fats and Oils Moderation

- | | | |
|---------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------|
|  1 tsp. butter or non hydrogenated margarine |  1 tbsp. nuts or seeds |  1 tbsp. mayonnaise, light |
|  1 tsp. oil, canola, olive or peanut |  1 tbsp. salad dressing, regular | 1 slice bacon |
| | | ½ avocado |

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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