

Healthy Eating for Weight and Diabetes Management

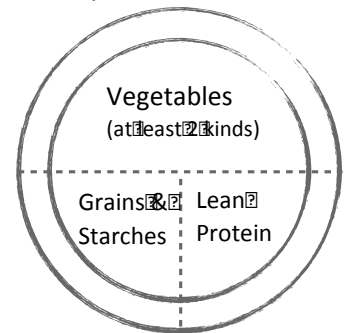
Healthy eating helps you control your blood sugar and maintain a healthy body weight. All food is made of three main nutrients, **carbohydrates, protein, and fat**. All three nutrients are needed to keep your body healthy. Carbohydrates will affect your blood sugars the most. It is important to still eat carbohydrates to fuel your brain and muscle without eating too much. Diet is all about balance!

Eat Regularly

- Have 3 meals per day spaced every 4-6 hours
- If you are going longer than 5 hours without eating you may need a snack
- This helps regulate blood sugars, decreases the risk of low sugars and prevents you from over eating at a later meal
- Healthy snacks include two food groups: peanut butter and an apple, cheese and crackers, yogurt and seeds, berries and cottage cheese, celery and cheese, apple and cheese, a high fibre granola bar, veggies and dip

Balance Your Plate

- At dinner and lunch have $\frac{1}{2}$ your plate full of vegetables, $\frac{1}{4}$ grain and $\frac{1}{4}$ protein
- For breakfast try $\frac{1}{3}$ rd of your plate protein, $\frac{1}{3}$ rd grain and $\frac{1}{3}$ rd fruit
- Combining carbohydrates with protein and vegetables helps improve blood sugar control while also helping you feel full longer.
- Include treats such as muffins/candy/chocolate/chips in small amounts as they have a large amount of carbohydrates and few other nutrients.



Choose High Fibre Carbohydrates

- Carbohydrates are mainly found in 3 food groups: grains, milk and alternatives and fruits
- Potatoes and corn are the only vegetables that increase sugar as they are starchy
- Choose breads and cereals with >3g fibre/serving
- High fibre carbohydrates are digested more slowly which will result in a smaller increase in your blood sugar and will keep you feeling full longer. These are low glycemic index foods: legumes, long grain rice, whole grain products

Go for Lean Protein

- Choose lean meats such as chicken, turkey, or fish more often
- Trim visible fat and remove the skin from meats
- Try alternative sources of protein such as beans, cottage cheese, tofu, peanut butter or eggs whites

Pick Healthy Fats

- Unsaturated fats and polyunsaturated fats are healthy fats found in vegetable oils, nuts and seeds and avocados
- Omega 3 fats are healthy fats found in fatty fish, walnuts, and seeds
- Limit your intake of foods high in animal/saturated fat, trans fat and cholesterol: fried foods, store bought baking, processed food, coconut and palm oil, hydrogenated oils, red meats, lunch meats and high fat dairy
- Choose healthy cooking methods such as baking, broiling, barbecuing, and steaming more often

Stay Active

- Be active for at least 150mins/week and include 2-3 resistance activities per week such as weights or yoga
- Take a 10 minute walk after meals, bike to work, take the stairs, or stretch while watching the TV
- Activity assists with blood sugar control, weight management and also with health and wellbeing

Label Reading Tips

Locate the Nutrition Facts Table

The nutrition facts table is easy to find and read. It is found on most foods especially those that are packaged. The information in this table can help you in choosing healthier options and managing your blood sugar levels.

Look at the Serving Size

- The serving size may not be the same as the entire content of the food
- You will need to multiply or divide the amounts in the table if you are eating more or less of the serving size on the label
- **Example: 1 cup = 25g of carb, 2 cups = 50g or 0.5 cup = 12.5g**
- It is important to know the amount of carbs in the foods you eat

% Daily Value

- Is the % of a nutrient present based on a 2000 calorie diet
- Use this to compare labels not to calculate your needs for the day
- To compare labels, look for more % in fibre, vitamins, protein and less % of fat, cholesterol, sodium, and sugar
- **Rule of thumb: <5% is a little of a nutrient and >15% is a lot**

Finding Carbohydrate Values

- **Carbohydrate** title is the total carbohydrate found in 1 serving size of this food; fibre, sugar and starch make up the total carbohydrate grams
- Sugars found naturally in the food, called starch are not listed here
- Fibre is not digested by your body, and will not be turned into sugar
- Fibre should be subtracted from the total carbohydrate: **25g – 1g of fibre = 24g of total carbohydrate**

Ingredient List

- Ingredients in the food are listed by weight from most to least
- Components such as sugar, fat, and salt may be listed using different words. For example, sugar may be listed as dextrose, fructose, sucrose, or corn syrup

Nutrition Facts		
Serving 1 cup (28g)		
Amount per serving	Cereal	With 1/2 cup 2% Milk
% Daily Value		
Calories	110	170
Fat 0 g [†]	0 %	4 %
Saturated 0 g + Trans 0 g		
Cholesterol 0 mg	0 %	3 %
Sodium 190 mg	8 %	10 %
Potassium 25 mg	1 %	6 %
Carbohydrate 25 g	8 %	10 %
Fibre 1 g		
Sugar 3 g		
Protein 2 g		
Vitamin A	0 %	8 %
Vitamin C	0 %	0 %
Calcium	0 %	15 %
Iron	25 %	25 %
Vitamin D	0 %	25 %
Thiamine	45 %	50 %
Niacin	8 %	10 %
Vitamin B ₆	10 %	15 %
Folate	8 %	10 %
Pantothenate	6 %	10 %
Manganese	15 %	15 %
† Amount in cereal.		

RICE, SUGAR, SALT, MALT (CORN FLOUR, Malted Barley), BHT,
VITAMINS AND MINERALS: IRON, NIACINAMIDE, THIAMINE, HYDROCHLORIDE, PYRIDOXINE HYDROCHLORIDE, d-CALCIUM PANTOTHENATE, FOLIC ACID
CONTAINS BARLEY INGREDIENTS