

# Healthy Eating for Weight and Diabetes Management

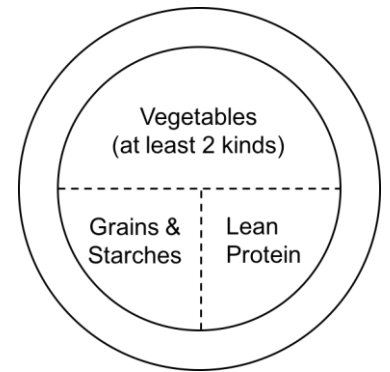
Healthy eating helps to control blood sugars and maintain a healthy body weight. All food is made of three main nutrients: **carbohydrates, protein, and fat**. All three nutrients are needed to keep your body healthy. Carbohydrates will affect your blood sugars the most. It is important to still eat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

## Eat Regularly

- Eating regularly helps regulate blood sugars, decreases the risk of low sugars, and prevents overeating
- 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
- Healthy snacks include two food groups: peanut butter and an apple, cheese and crackers, vegetables and hummus

## Balance Your Plate

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



## Choose High-Fibre Carbohydrates

- Carbohydrates are mainly found in 3 food groups: grain products, milk and alternatives, and fruits
- Potatoes and corn are the only vegetables that increase blood sugar, as they contain more starch
- Low fibre carbohydrates—or **high glycemic index** foods—are digested quickly, which raise blood sugars higher and faster
- High fibre carbohydrates—or **low glycemic index** foods—are digested more slowly, leading to a smaller and slower rise in blood sugars and will help you feel full longer. Examples include legumes, long grain rice, some fruits (i.e., apples), vegetables, and whole grain products (i.e., whole grain pasta/bread, barley, All Bran cereal).
- **Tip:** Choose bread and cereals with at least 3g of fibre per serving
- You can use **your fist** to measure 1 portion of grain products or fruit, and **both hands** to measure 1 portion of vegetables

## 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
- You can use the **palm of your hand** or a **deck of cards** to help measure 1 portion of meat, fish, or poultry

## 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 and trans fat: 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

## Locate the Nutrition Facts Table

The nutrition facts table is easy to find and read. It is found on most packaged foods. The information in this table can help you choose healthier options and manage your blood sugar levels.

## Look at the Serving Size

- The serving size may not be the same as the amount of food in the package or the amount you may eat
- You may need to multiply or divide the amounts in the table if you are eating more or less than the serving size on the label
- **Example: The serving size on the label is 1 cup. If you eat 2 cups of this food, you have to multiply the amounts by 2. If you eat a ½ cup, you have to divide by 2.**
  - 1 cup = 25g of carbohydrates
  - 2 cups = 50g of carbohydrates
  - ½ cup = 12.5g of carbohydrates

## % Daily Value

- The % Daily Value (%DV) is the percent of a nutrient present in the food based on a 2000 calorie diet
- Use this to compare labels, not to calculate your needs for the day
- To compare labels, look for a higher %DV in fibre, vitamins, protein, and a lower %DV of fat, cholesterol, sodium, and sugar
- **Rule of thumb: Less than 5% is a little of a nutrient and more than 15% is a lot**

## Finding Carbohydrate Values

- The **Carbohydrate** title is the total carbohydrate found in 1 serving of this food. Fibre, sugar, and starch make up the total grams of carbohydrate. Sugars found naturally in food called starch are not listed individually
- Fibre is not digested by your body and will not be turned into sugar. It should be subtracted from the total carbohydrate: **25g – 1g of fibre = 24g of total carbohydrate**
- It is important to know the number of carbohydrates in the foods you eat, as this will affect your blood sugars
  - 1 serving of carbohydrates = 15g
  - **Example: 1 cup of the cereal on the label has 24g of carbohydrates, which is about 1.5 servings**
- For women, aim for **2-3 servings** of carbohydrates at meals and **0-1 servings** of carbohydrates at snacks. For men, aim for **3-4 servings** of carbohydrates at meals and **0-1 servings** of carbohydrates at snacks. Use the nutrition facts table to help you calculate how many servings of carbohydrates you are having

## 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
<b>Calories</b>	110	170
<b>% Daily Value</b>		
<b>Fat</b> 0 g†	<b>0 %</b>	<b>4 %</b>
Saturated 0 g + Trans 0 g		
<b>Cholesterol</b> 0 mg	<b>0 %</b>	<b>3 %</b>
<b>Sodium</b> 190 mg	<b>8 %</b>	<b>10 %</b>
<b>Potassium</b> 25 mg	<b>1 %</b>	<b>6 %</b>
<b>Carbohydrate</b> 25 g	<b>8 %</b>	<b>10 %</b>
Fibre 1 g	<b>5 %</b>	<b>0 %</b>
Sugar 3 g		
<b>Protein</b> 2 g		

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**