

Healthy Eating for Weight and Diabetes Management

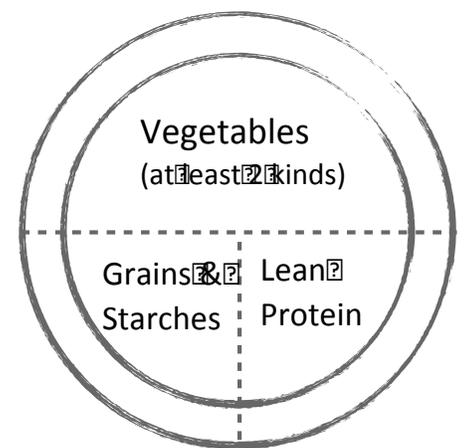
Healthy eating helps you control your blood sugar and maintain a healthy body weight. Eating a healthy balanced diet and leading an active lifestyle will help you feel better and manage your diabetes. Guidelines for healthy eating are the same for **all** Canadians. You can still enjoy all of your favourite foods. All food is made of three main nutrients, carbohydrates, protein, and fat. All are needed to keep your body healthy. Carbohydrates will affect your blood sugars the most. It is important to still eat carbohydrates to keep your brain and muscles alive and healthy.

Have Regular Meals

Choose 3 meals/day spaced 4-6 hours apart. If your meal is more than 5 hours away you may find it helpful to have a snack that includes a carbohydrate and a protein choice. If your meal is less than 5 hours away you may not need to have a snack. Snack ideas include having an apple with peanut butter or cheese and crackers. Skipped or delayed meals can cause low blood sugars.

Balance Your Plate

Aim to have at least 3 of the 4 food groups on your plate, including a protein at each meal. Fill half your plate with vegetables, one quarter with a lean protein, and the last quarter with carbohydrates. Combining carbohydrates with protein and vegetables helps improve blood sugar control while also helping you feel full longer. Treats have a large amount of carbohydrates in them and few nutrients. They can still be part of a healthy diet in small amounts, but make sure you read the food label to count the carbohydrate content as part of your daily intake.



Choose High Fibre Carbohydrates

Carbohydrates are mainly found in 3 of the food groups, grain products, milk and alternatives, and vegetables and fruits. **Only 2 vegetables** contain large enough amount of carbohydrate to affect your blood sugar and weight, these are **potatoes and corn**. Fibre has many important functions in digestion and the removal of cholesterol and other toxins from your body. It also lowers the fats in your blood, like LDL cholesterol. Choose bread 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.

Go for Lean Protein

Choose lean meats such as chicken, turkey, or fish more often. Remove any fat you can see and the skin. This helps reduce the amount of fat you eat. Try alternative sources of protein such as beans, which are low fat and high in fibre. Choose cooking methods such as baking, broiling, barbecuing, and steaming more often. Avoid frying foods in added oil.

Pick Healthy Fats

Cholesterol is a type of fat found in animal foods which can increase your LDL cholesterol levels and increase your risk for heart disease. To reduce your risk, choose low fat dairy options such as 1% milk, low fat yogurt, or light cheese. Pick non-hydrogenated margarine to replace butter. Use heart healthy fats like olive oil and canola oil in your cooking, and follow the guidelines listed above for picking lean proteins.

Stay Active

Include at least 150 minutes of physical activity every week by participating in an activity that you enjoy, you can break this up into several 10 minute intervals. In addition to improving your overall health, physical activity can reduce your blood sugar levels and help control your weight.

Label Reading Tips

Locate the Nutrition Facts Table

The nutrition facts table is easy to find and read, and is found on most foods. Remember the information in this table is based on a specific amount of food. The information in this table can help you in choosing healthier options and managing your blood sugar levels.

Look at the Serving Size

Be sure to compare the serving size in the nutrition facts table to the amount you are really eating, it is located at the very top of the table below the **Nutrition Facts** title. You will need to multiply or divide the amounts in the table to find out the amount of nutrients you are actually eating. Having accurate serving information is important to count your carbohydrates and manage your diabetes.

% Daily Value

The percent daily value tells you the percentage of a nutrient that is present in the product based on current nutrient recommendations required in a 2000 Calorie diet. Not all people need 2000 Calories each day, it is better to refer to the actual nutrient amounts listed in g or mg.

Finding Carbohydrate Values

Carbohydrates are the main source of energy for your body. The amount listed beside the **Carbohydrate** title is the total carbohydrate found in 1 serving size of this food. The other items listed under the **Carbohydrate** title, often fibre, sugar, and starch make up the total carbohydrate amount. Sugars found naturally in the food are not listed here this is why when you add up all the 'other' items they do not equal the total **Carbohydrate** listed. Fibre is not digested by your body, and will not be turned into sugar. Fibre will not raise your blood sugar and should be subtracted from the total carbohydrate (i.e. 25g Carbohydrate – 1g Fibre = 24g of carbohydrate that will affect your blood sugar).

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
Calories	110	170
% Daily Value		
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	5 %	0 %
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