

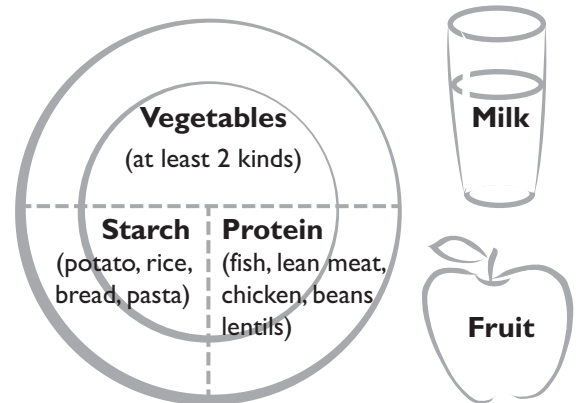
Healthy Eating with Type 2 Diabetes (Filipino Foods)

Eating healthy is very important when you have type 2 diabetes. It can help to keep your blood glucose (sugar) in a healthy range. It can also help you reach and maintain a healthy body weight. Guidelines for healthy eating are the same for all Canadians. All foods can fit and you can still enjoy your favourite foods.

Foods contain building blocks called carbohydrate, protein, and fat. They are all needed for good health. Carbohydrate has the greatest effect on blood sugar. However, everyone still needs to eat carbohydrates every day. When you have type 2 diabetes too much carbohydrate at one time can make it hard to control blood sugars. These guidelines are based on *Eating Well with Canada's Food Guide* and will help you find the right balance of foods to eat.

Tips to Manage Blood Glucose Levels

- Eat at least 3 meals every day to help spread out foods that contain carbohydrate. Rice, pandesal, breads, cereals, noodles (pansit), pasta, fruits, milk products, beans, and sweets all have carbohydrate in them. Choose foods from all four food groups.
- Use this picture of the balanced plate to help you plan meals. Fill half the plate with vegetables. Include small amounts of starchy foods and meat or meat alternatives. In most Filipino dishes, vegetables, and meat are mixed together. Picture the balanced plate on the cutting board so that half the cutting board is vegetables and a small amount is meat before mixing them together to make ulam. Add milk or milk alternative and fruit for a balanced meal.
- Sugar and sweets have large amounts of carbohydrate in them and often have few nutrients. They can still be included in small amounts in a healthy diet. For packaged products, read the **Nutrition Facts** table on the label for the carbohydrate content. For products with no label, the sweeter something tastes, the smaller the portion should be. These include chocolates, candies, and most Filipino desserts like leche flan, bibinka, cassava cake, buko pie, bitsu bitsu, and turon.
- Choose lower fat foods as often as possible. Low-fat eating helps with weight loss and can reduce the risk of heart disease.
- Choose higher fibre and less refined foods more often. These foods are digested more slowly, resulting in a smaller increase in blood sugar. Many of these are called “lower glycemic index” foods.
- Some people may find snacks helpful, but they are not always necessary. If you take medication for diabetes, please talk to your dietitian about the need for snacks.



Dietitian: _____ Phone: _____

All the foods listed on this page contain carbohydrate. Carbohydrates are an important source of energy and should be included at every meal. Aim for the following number of servings of carbohydrate containing foods at meals and snacks:

Females: 2–4 servings at meals and 1–2 servings at snacks.

Males: 3–5 servings at meals and 1–2 servings at snacks.

Each serving listed has about 15 grams of carbohydrate.

Grains and Starches

- Include grains and starches at each meal.
- Choose whole grain and higher fibre products (e.g., Bran Buds[®], All Bran[®], whole wheat bread).

One serving is:

1 slice whole wheat bread	½ cup cold cereal	4 to 6 crackers
½ cup brown/wild/white cooked rice	¾ cup hot cereal	2 to 3 low-fat cookies
½ cup noodles (pansit)	½ medium cooked potato	1 small low-fat muffin
2 medium rice cakes	1 medium suman	½ cup cooked pasta
1 small pandesal (size of your fist)	¾ cup lugaw	½ cup or ½ medium potato
½ cup mungo beans or other lentils	½ cup corn or ½ cob corn	3 cups plain or low-fat popcorn
½ English muffin	½ of a 12 inch pizza	3 tbsp. flour
1 (4 inch) pancake or waffle	1 cup thick soup	
½ cup cooked grains (barley, oats)		

Fruit and Juice

- Include at least 2–3 fruit servings daily.
- Whole fruit is always better than juice. If you drink juice, limit your intake to 2 servings per day.

One serving is:

1 medium-sized fruit	½ cup canned fruit (no sugar added)	½ cup unsweetened fruit juice
1 cup fresh fruit	¼ cup unsweetened dried fruit	1 cup tomato or vegetable juice
10 pieces lychee	½ cup planta	

Milk and Alternatives

- Aim for 2–3 servings per day and choose lower fat, unsweetened milk products and alternatives more often.
- When using soy products, look for ones that are fortified with calcium and vitamin D.

One serving is:

1 cup milk (skim or 1%)	¾ cup yogurt (plain or sugar-free)	1 cup plain buttermilk (low fat)
½ cup chocolate milk	⅓ cup regular flavoured yogurt	½ cup flavoured soy beverage
½ cup undiluted evaporated milk	½ cup sugar-free pudding	⅓ cup flavoured soy yogurt
4 tbsp. skim milk powder	1 cup plain soy beverage	

Other Choices

- These items have carbohydrate, but very little nutritional value.
- If you include them in your diet, use them sparingly.

One serving is:

1 tbsp. sugar, jam, jelly, honey, or syrup

The following foods listed have little or no carbohydrate. They will have little effect on blood sugar levels if eaten in the suggested amounts. Vegetables, meat and alternatives, and healthy fats are an important part of a balanced diet and should be eaten every day.

Vegetables

- Choose generous portions of vegetables at meals, aiming for at least 4 servings per day.
- Eat at least one dark green and one orange vegetable each day.
- Choose vegetables prepared with little or no added fat or salt.

One serving is:

½ cup green beans	½ cup fresh, frozen, or canned vegetables	½ cup cucumber	½ cup peas
½ cup eggplant	½ cup cooked bok choy	½ cup cooked vegetables in pansit, sinigang, adobo	1 cup raw leafy vegetable
½ cup zucchini	½ cup snowpeas	½ cup okra	½ cup squash
½ cup broccoli or carrots			½ cup chayote

Meat and Alternatives

- Include 2 to 3 servings each day.
- Choose lean meats and remove the skin from poultry.
- Include 2 fish servings each week.
- Include meat alternatives such as beans, lentils, and tofu often.

One serving is:

- 2–3 ounces (60–90 gram) cooked meat, chicken, or fish (size of a deck of cards) in adobo, kare kare, caldareta, menudo, sinigang. The amount of meat on your plate should total the size of the palm of your hand.
- ¾ cup cooked legumes, lentils and beans (also contains about 20 grams carbohydrate)
- ¼ cup nuts
- 2 tbsp. peanut butter
- ¾ cup tofu
- ½ cup cottage cheese or two ounces of paneer (2% MF or less)
- 2 ounces (60 gram) cheese (choose lower fat cheeses with 21% MF or less)
- 2 eggs (limit egg yolks to 4 per week)

Fats

- Include 3 to 6 servings of added fats each day.
- Choose unsaturated fats as often as possible (canola, olive, peanut and soybean oil, soft non-hydrogenated margarine, nuts, or seeds).
- Limit products containing trans fats (hydrogenated vegetable oil, shortening, hard margarine)
- Limit saturated fats (butter, lard, beef tallow, coconut oil, and palm oil)

One serving is:

1 tsp. oil	1/6 avocado	2 tbsp. half and half cream (10% M.F.)
1 tsp. margarine or butter	1 tbsp. nuts or seeds	1 tbsp. whipping cream
2 tbsp. light salad dressing	5 olives	1 slice bacon
1 tbsp. light mayonnaise	1 tsp. mayonnaise	2 tbsp. sour cream or gravy
1 tbsp. salad dressing	1 tbsp. cream cheese or cheese spread	

Note: each serving contains about 5 grams of fat

Extras

water, coffee, tea, sugar-free or diet drinks, broth, spices, artificial sweeteners, diet/light Jell-O®

Note: Many foods contain artificial sweeteners such as Nutrasweet® (aspartame), Splenda® (sucralose), and acesulfame-potassium. These sweeteners have very little effect on blood sugar, but it is possible that other sweeteners have been added that might raise blood sugar levels. Read the Nutrition Facts table on food product labels for the carbohydrate content.

Filipino Sample One Day Menu

Breakfast (Almusal)

½ cup rice
1 medium egg

OR

1 boiled tosin (the size of the palm of your hand)
1 medium orange
1 cup skim or 1% milk

Lunch (Tanghalian)

1 cup rice

Sinigang:

½ cup cooked meat
1 cup cooked
gulay/broccoli/bok
choy/sitaw

1 medium piece of fruit

½ cup 100% orange juice

1 cup 1% milk

Supper (Hapunan)

Pansit:

3 ounces chopped
cooked chicken
1 cup green beans
carrots/any vegetable
1 cup noodles
½ mango

Morning Snack

3 whole grain crackers and
1 slice lower fat cheese

Afternoon Snack

1 apple

Bedtime Snack

¾ cup sugar-free yogurt

Other Snack Ideas

1 cup raw vegetables

½ English muffin

¾ cup plain or sugar-free yogurt

½ cup cereal with milk

4 to 6 crackers and lower fat cheese

1 small homemade muffin

3 cups low-fat popcorn

2 to 3 low-fat cookies

½ sandwich on whole grain bread

½ cup sugar-free pudding

Metric conversion: ½ cup = 125 mL

1 cup = 250 mL

1 tablespoon = 15 mL

1 teaspoon = 5 mL

1 ounce = 30 gram

Notes: _____
