

Healthy Eating with Type 2 Diabetes (South Asian Foods)

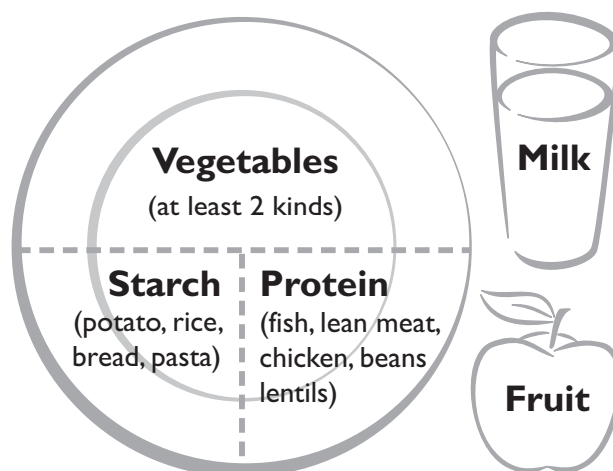
This handout is the English version of *Healthy Eating with Type 2 Diabetes (South Asian Foods) Punjabi #607339* (2009/12).

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 carbohydrate 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. Grain products, some starchy vegetables, fruit, milk and some milk alternatives, and sweets all contain carbohydrate.
- 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. 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.
- 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 as often as possible and avoid high fat foods like parantha and purris.

One serving is:

1 slice bread	1 (6 inch) roti, chapatti, or missi roti	4 to 6 crackers
¼ naan bread	¾ cup hot cereal or dalia	2 to 3 low fat cookies
½ corn or makki roti	½ cup pasta, rice, or khitchri, cooked	1 small low fat muffin
½ small or ¼ large bagel	½ cup lentils or beans, cooked	3 cups plain or low fat popcorn
½ small pita	½ cup or ½ medium potato	2 (5 inch) taco shells
½ cup flaked cereal	½ cup or ½ cob corn	1/12 of a 12 inch pizza
1 (4 inch) pancake or waffle	1 cup peas	3 tbsp. flour like besan
1 small or ½ large bun	½ cup cooked grains (barley, bulgur or millet)	

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

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 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 foods listed on this page 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 fresh, cooked, frozen or canned vegetable like okra, bitter melon, eggplant, cauliflower, or cabbage
1 cup raw leafy vegetable like lettuce or spinach

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, poultry, or fish (size of a deck of cards)
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 2 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 (ghee, butter, lard, beef tallow, coconut oil and palm oil)

One serving is:

1 tsp. oil	½ 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. While these sweeteners have very little effect on blood sugar, 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.

For more information on Eating Well with Canada's Food Guide, visit www.healthcanada.gc.ca/foodguide or contact Health Canada at 1-866-225-0709.

Metric conversion: $\frac{1}{2}$ cup = 125 mL
1 cup = 250 mL

1 tablespoon = 15 mL
1 teaspoon = 5 mL

1 ounce = 30 gram

Sample One Day Menu

Breakfast

1 slice 100% Stoneground
toast with 1 tsp. non-
hydrogenated margarine
 $\frac{3}{4}$ cup oatmeal or dalia
1 small banana
1 cup 1% milk

Lunch

2 small rotis
 $\frac{1}{2}$ cup lentils
1 cup cooked vegetable
 $\frac{3}{4}$ cup low-fat yogurt
1 apple

Supper

3 ounces chicken curry
(skinless)
1 small roti
1 cup basmati rice
1 cup cooked vegetable
1 cup salad with 2 tbsp. light
dressing

Morning Snack

3 whole grain crackers and
1 slice lower fat cheese

Afternoon Snack

1 pear

Bedtime Snack

1 cup 1% milk

Other Snack Ideas

1 medium fruit
raw vegetables
 $\frac{3}{4}$ cup plain or sugar-free yogurt
 $\frac{1}{2}$ cup cereal with milk
4 to 6 crackers and lower fat cheese
3 cups low-fat popcorn

1 small roti
 $\frac{1}{2}$ cup roasted chick peas
1 whole grain toast and peanut butter
 $\frac{1}{2}$ sandwich on whole grain bread
 $\frac{1}{2}$ cup sugar-free pudding
2 to 3 low fat cookies

Notes:

This material is for information purposes only. It should not be used in place of medical advice, instruction, and/or treatment. If you have questions, please speak with your doctor or appropriate healthcare provider.