

Learning Series

Nutrition



Canadian Diabetes Association



Healthier Food Choices

- To make healthier food choices, follow “Eating Well with Canada’s Food Guide”
- There are 4 food groups, corresponding to the 4 arcs of the rainbow:
 - Vegetables and Fruit
 - Grain Products
 - Milk and Alternatives
 - Meat and Alternatives



How Much is Enough?

- Number of servings based on age and gender
- The guide provides culturally specific examples
- Create a “My Food Guide” online at the Health Canada website



How Much is Enough?

- Divide dinner plate into 3 sections:
- One half vegetables (at least two kinds)
- One quarter starch (potato, rice, pasta)
- One quarter protein (fish, lean meat, chicken, beans, lentils)
- Add a glass of milk and a piece of fruit



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Vegetables and Fruits

- Carrot, broccoli, salad, orange, frozen peas and canned beans
- 7-10 servings per day based on age and gender
- 1 serving =
 - 1 medium size fruit or vegetable
 - ½ cup (125 ml) chopped fruit or veggies
 - ½ cup (125 ml) juice
 - 1 cup (250 ml) salad
- Fruit: an amount the size of your fist
- Vegetables: As much as you can hold in both hands



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People with Diabetes

- Keep fruit servings to 2-3/day
- Pick brightly coloured fruits & vegetables, better for you nutrition wise
- Enjoy unlimited vegetables
 - Carrots
 - Peas
 - Beets

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Small Changes

- Eat carrots, potatoes and apples with their peels on
- Add grated carrots or zucchini to spaghetti sauce
- Experiment with a vegetarian meal
- Try a new fruit or vegetable this week



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Tips for Fruits & Vegetables

- Buy in season
- Look for sales
- Select for freshness
- Frozen and canned in winter
- Prepared servings are expensive

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Grain Products

- Whole grain bread, pasta, rice, pita, cereal
- 6 - 8 servings per day based on age and gender
- 1 serving =
 - 1 slice of bread, or
 - ½ small bagel or ½ pita, or
 - ½ cup of rice or pasta
- An amount the size of a fist
- Suggested servings for a sedentary individual, increase only if active regularly



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People with Diabetes

- Focus on Carbohydrate, this raises blood glucose levels
- Carbohydrate counts can vary
 - 90 gr (non-active person)
 - 120 gr (active person)
 - 1 slice bread = 15gr carbohydrate
 - Read labels



Small Changes to Increase Fiber

- Add barley, bulgur or brown rice to soup or stews
- Use bran or whole grain flour in baking
- Try whole wheat pasta
- Use whole grain breads in sandwiches
- Try bran and oat cereals
- Fibre benefits blood glucose management



Tips for Carbohydrates

- Compare brands
- Buy bread on sale
- Hot cereals
- Buy in bulk
- Try different grains



Milk and Alternatives

- Milk, cheese, yogurt, fortified soy beverage
- Adults: 2 - 3 servings per day
- 1 serving =
 - 1 cup (250ml) milk
 - 1 cup (250ml) fortified low-fat soy milk
- The need for vitamin D increases after the age of 50
- Vitamin D fortified soy beverage is suitable if you do not drink milk
- Lactose



Small Changes

- Add milk or skim milk powder to soups, puddings and home-baked goods
- Lower fat content by using skim, 1% or 2% milk
- Make a vegetable dip with low-fat yogurt
- Enjoy a blender drink made with low-fat milk or yogurt
- Switch from cream to milk in coffee



Tips for Milk & Alternatives

- Buy milk in bags or jugs
- Buy store or discount brands
- Grate and freeze cheese
- Skim milk powder
- Check the date



Meat and Alternatives

- Beans, dried peas, lentils, tofu
- Fish, poultry, lean beef, pork, lamb, eggs
- 2 - 3 servings per day
- 1 serving =
 - 2 eggs
 - 125 – 250 mL (1/2 - 1 cup) red kidney beans
 - 100 g or 1/3 cup tofu
 - 2 Tbsp peanut butter
 - 75 g fish, poultry, or meat
- An amount the size of your palm and the thickness of your little finger



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Small Changes

- Bake, broil, barbecue, poach or stir-fry
- Try a vegetarian meal one day a week
- Experiment with lentils and rice, quiche or an omelet, bean salad with pita, or tofu burgers
- Protein does not affect blood sugars



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Tips for Meat & Alternatives

- Tips for chicken
- Canned tuna and salmon
- Limit processed meats
- Comparing prices
- Meat alternatives are often cheaper
- Texturized vegetable protein
- Canned tuna and salmon
- Keep portion size in mind

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Review

- Eat from all colours of the food guide rainbow
- Monitor carbohydrate intake for people with diabetes
- Limit fruits to 2-3 servings/day
- Unlimited vegetables
- For older adults ensure requirements are met regarding Milk & Proteins
- Proteins do not affect blood glucose (sugar)



For more information visit our
website: www.diabetes.ca

Thank you!

