

Meal Planning for Healthy Eating and Diabetes Management

Healthy eating helps you manage your blood glucose and maintain a healthy weight. *Beyond the Basics: Meal Planning for Healthy Eating, Diabetes Prevention and Management*, will help you to choose the right foods and portions. Work with your Registered Dietitian to plan meals you enjoy.

Beyond the Basics teaches you about food groups. Each one adds to health. Foods to “Choose more often” are the healthier choices within each group. They are generally higher in vitamins, minerals, and fibre and have healthier fat. Foods to “Choose less often” are shown in .

Foods that contain carbohydrate raise your blood glucose. These are Grains & Starches, Fruits, Milk & Alternatives, and Other Choices. One portion from any of these food groups contains about 15 grams (g) of available carbohydrate and counts as 1 carbohydrate choice.

Grains & Starches includes grains, bread, pasta, potatoes, corn, and rice. Choose whole grains, such as whole wheat pasta and brown rice, more often to increase fibre intake. Most of these foods are low in fat.

Fruits are a good source of vitamins, minerals, and fibre. Choose fresh, frozen, and canned fruit (juice-packed) more often. These foods are high in fibre (except for juice) and low in fat.

Milk & Alternatives includes many sources and types of milk and fortified soy products, such as yogurt. “Choose more often” milk alternatives contain calcium and vitamin D and are lower in fat (skim, 1%, 2%).

Other Choices covers a wide variety of sweet foods and snacks.

Food groups that contain little or no carbohydrate are Vegetables, Meat & Alternatives, Fats, and Extras.










Vegetables are an excellent source of vitamins, minerals, and fibre. Choose dark green and brightly coloured vegetables often. Only parsnips, peas, and winter squash provide 15 g of available carbohydrate when 1 cup (250 mL) is eaten.

Meat & Alternatives Choose lean meats, poultry without the skin, lower fat cheese and fish more often. This helps to reduce the total amount of fat you eat. Legumes (beans and lentils) are low in fat and high in fibre; they also contain some carbohydrate: 1 cup of legumes provides 15 g of available carbohydrate. “Choose more often” foods are low in saturated fat.

Fats Choose heart healthy unsaturated fats such as canola oil, olive oil, “non-hydrogenated” margarine, and small portions of nuts. Read labels and choose foods which say “low saturated fat” and “no trans fat”.

- ✓ **Extras** Foods low in calories, carbohydrate, protein, and fat. Examples are sugar-free soft drinks and jello, broth, garlic, herbs and spices, and small amounts of mustard and ketchup.
- ✓ Use less salt in cooking and at the table. Ask a Registered Dietitian if you need “lower sodium” food products.
- ✓ Include physical activity every day.

Legend




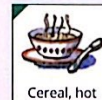






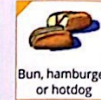




















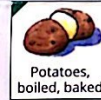
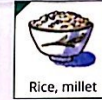
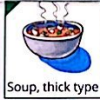








	1 cup (250 mL)		1 tablespoon (15 mL)		Choose more often
	1/2 cup (125 mL)		1 teaspoon (5 mL)		
	1/4 cup (60 mL)		measure after cooking		Choose less often
			1 ounce (30 grams) by weight		

INCHES 1 2 3 4 5 6 7 8





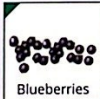
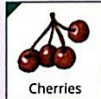
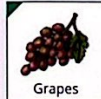


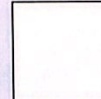
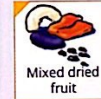












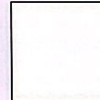
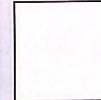




CARBOHYDRATE CONTAINING FOOD

1 serving = 15 g available carbohydrates or 1 carbohydrate choice:

GRAINS & STARCHES

										
1.5x2.5 in	 	1 slice	3/4 cup 			1/2 large	1/2 small	1.5x2.5 in	1 slice	1/2
										
1 (6 in)		1/2	 				7	3/4 cup	10	1/4 (6 in)
										
1/2 cup	1/2 (6 in)	1/2 medium	1/2 cup 				1 (4 in)	1/2 (6 in)	1/2 (12 in)	2 (5 in)

FRUITS

										
1 medium		1 small	2 		15	15	2 medium			
										
1/2 medium		1 medium	1 large	1 medium	3/4 cup	2 medium				

MILK & ALTERNATIVES

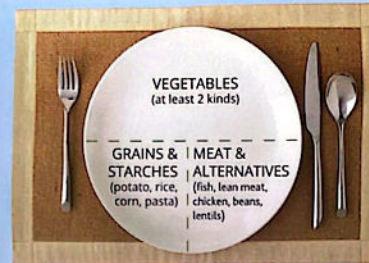
										
			4 			1/2 cup	3/4 cup	3/4 cup		

OTHER CHOICES (sweet foods and snacks)

										
	3  			3	2 in square		1/2 small	1 bar (28 g)	7 large/30 sticks	3 

Beyond the Basics

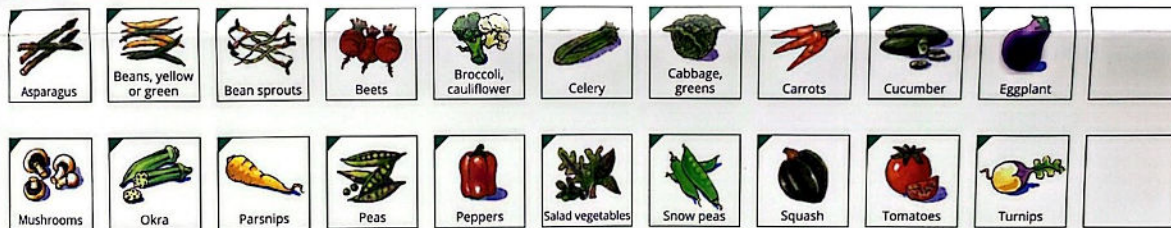
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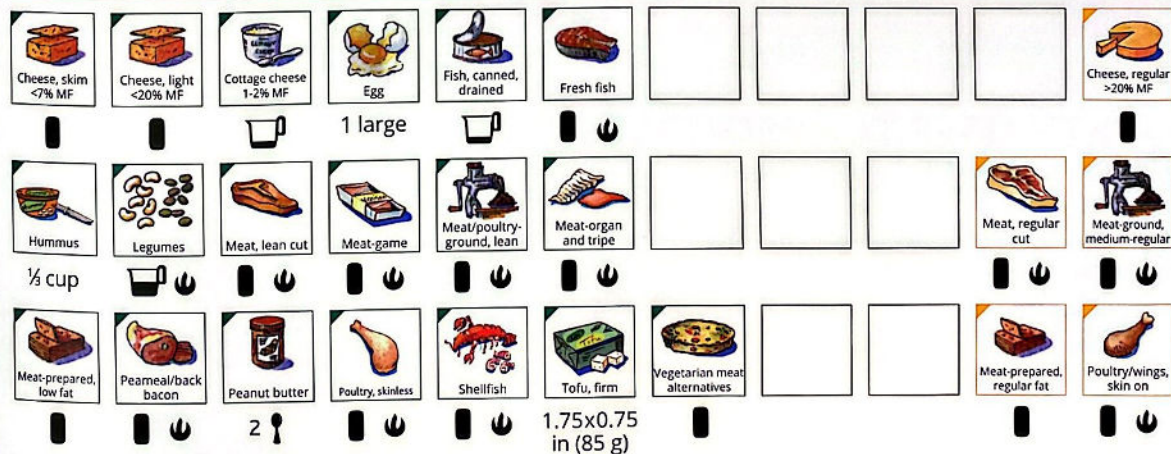
Meal Plan

TIME									
CARBOHYDRATES (grams / choices)									
GRAINS & STARCHES									
FRUITS									
MILK & ALTERNATIVES									
OTHER CHOICES									
VEGETABLES									
MEAT & ALTERNATIVES									
FATS									

VEGETABLES



MEAT & ALTERNATIVES



FATS



Finding Carbohydrate Values using the Nutrition Label:

The amount of carbohydrate in a food is listed on the Nutrition Facts Table.

- The amount listed is for the serving size given. Are you eating more, less, or the same? Compare your serving size to figure out the amount of carbohydrate you are eating.
- The total amount of carbohydrate in grams is listed first. This number includes starch, sugars and fibre. (Starch is not listed separately.)
- Fibre does not raise blood glucose and should be subtracted from the total carbohydrate (i.e. 36 g carbohydrate – 6 g Fibre = 30 g available carbohydrate).

Nutrition Facts	
Per 90 g serving (2 slices)	
Amount	% Daily Value
Calories 170	
Fat 2.7 g	4 %
Saturated 0.5 g + Trans 0 g	5 %
Cholesterol 0 mg	
Sodium 200 mg	8 %
Carbohydrate 36 g	13 %
Fibre 6 g	24 %
Sugars 3 g	
Protein 8 g	
Vitamin A 1 %	Vitamin C 0 %
Calcium 2 %	Iron 16 %

My goals:

Example: I will eat more vegetables by having at least one vegetable at lunch.

1. _____
2. _____
3. _____

Notes:

Name _____ Date _____

Registered Dietitian _____ Phone _____ E-mail _____

OTHER USEFUL RESOURCES available from Diabetes Canada

1. *Just the Basics: Healthy Eating for Diabetes Prevention and Management*
2. *The Glycemic Index*
3. *Basic carbohydrate counting for diabetes management*
4. *Sugars and Sweeteners*
5. *Alcohol and diabetes*
6. *Cholesterol and diabetes*
7. *Eating away from home*
8. *Managing weight and diabetes*
9. *High blood pressure and diabetes*

For more information about diabetes,
visit diabetes.ca
or call 1-800-BANTING (226-8464)

**DIABETES
CANADA**

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