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to eat to manage

diabetes ~~What is~~

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~~Diet: Is It~~

~~Right For You?~~

~~Dr Jason Fung —~~

~~How to reverse~~

~~diabetes type 2~~

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Patients | 25

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- *the fifth*

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your portions.

The amount of
food you eat is
important for
diabetes
management.

Portion sizes
are different
for everyone, so
what's right for
... Eat healthy
carbohydrates.

Eat more whole
foods and less

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highly processed
foods. Eat more
vegetables and
fruit. ...

~~Basic meal
planning~~

~~Diabetes Canada~~

Foods that
contain healthy
fats include:

Nuts Seeds

Avocado Fatty
fish (for

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Diabetes, salmon,
trout and
mackerel)

Vegetable oils

Soft margarine

~~An overview of
the new Canada's
Food Guide—
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is the key to
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risk of heart
attack, stroke,
and other

complications.

There are many
things you can
do to change or

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improve your

diet, but it's

important to

avoid trying to

change too many

things at once.

... The Canadian

...

~~Healthy eating~~

~~Diabetes Canada~~

Diabetes is a

condition in

which your body

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cannot properly
use and store
food for energy.

The fuel that
your body needs
is called
glucose, a form
of sugar.

Glucose comes
from foods such
as fruit, milk,
some vegetables,
starchy foods
and sugar. To

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control your blood glucose

(sugar), you

will need to eat

healthy foods, b

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~~DiabetesTalk.Net~~

The Diabetes

Canada plate

classifies all

potatoes, so

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Sweet potatoes

and white

potatoes, as a

green or a

starch. Corn

isn't pictured

on the new kind

of food guide.

But in the old

version, it,

too, is

classified as a

vegetable

whereas Diabetes

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Diabetes Food

Guide
classifies corn
as a grain or
starch.

~~The new food
guide and type 2
diabetes—~~

~~Diabetes Canada
Examples include
green
vegetables,
lemons, and some
low-~~

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Carbohydrate Food

drinks. Diabetes

Canada calls

these foods and

drinks "free"

because they do

not impact the

blood sugar of

people living

with diabetes.

You can put free

foods in the

green category,

but they do not

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Diabetes GI and
Guide
have not been
included in the
food lists.

~~Glycemic Index~~

~~Food Guide~~

~~Diabetes Canada~~

Diabetes Canada

applauds the

acknowledgement

that healthy

food choices can

be aligned with

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traditions, preferences and values. Some features of the new Food Guide include: A reduced intake of nutrients of public health concern (sugar, saturated fat, sodium) is emphasized.

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Plant-based
proteins are
encouraged, as
are lean animal
proteins;

~~New Canada Food
Guide provides
evidence ...
Diabetes Canada
Canada's Food
Guide suggests
you plan your
portions the~~

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Diabetes Food
following way:

Fill half your
plate with

vegetables and
fruits - people
with diabetes
should choose
more vegetables
than fruit

because most
vegetables have
less sugar;

Divide the other
half of your

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protein and

whole grain

foods; Portion

size is an

important part

of weight loss.

~~Meal planning~~

~~Diabetes Canada~~

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eating.

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mindful of your

eating habits

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foods high in
sodium, sugars
or saturated fat
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menu plan
includes seven
days of meals
and snacks, and
a tip sheet to
help build the
plan to suit
your tastes. Use
this plan to
help prevent or
manage type 2
diabetes.

~~Diabetes Menu~~

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Unlock Food
Your Guide to
Diabetes .

Diabetes affects roughly two and a half million Canadians. Left untreated, diabetes can lead to many serious

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including: heart disease, kidney disease, vision loss, and lower limb amputation.

The Public

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estimates that 5
million

Canadians over
the age of 20
are currently

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diabetes. Joanne
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Diabetes Diet.

Here's a
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familiar to you
or someone you
know. You go to
the doctor for a
routine checkup
and you're told
that your blood
sugar is a bit
high and if
you're not
careful you
could end up
with diabetes.
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Diabetes Food
Guide Canada's
Food Guide
suggests one way
to plan your
portions. Fill
half your plate
with vegetables
and fruits,

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people with diabetes should choose more vegetables than fruit because most vegetables have less sugar. Divide the other half of your plate between protein food and whole grain foods.

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Diabetes Canada

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Try to include
three or four
food groups from
Canada's Food
Guide at each
meal. Three food
groups may look

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like this: Food
salad, brown
rice and grilled
chicken. This
will help ensure
you get a mix of
carbohydrate,
protein and fat.
Not sure where
to start?

~~Diabetes and
Healthy Meal
Planning~~

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Diabetes
Canada's
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Food Guide
provides
Canadians with
an up-to-date
and expanded
food list. The
food list
organizes foods
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traffic light
approach (green,
yellow, red) and

the following

food groupings:

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Alternatives.

~~My Site~~

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for people with
diabetes

shouldn't be
much different
than for people
who don't have
diabetes. You'll
benefit from
eating three
healthy meals
per day, and
including

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of vegetables,

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starches, and

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plan.

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