

tips to get you started

1| know your carbohydrates

Carbohydrates simply mean “foods that break down into sugar” inside our bodies. Knowing which foods are considered ‘carbs’ is one of the first steps in managing diabetes successfully.

| grains & starches

examples: bread, rice, pasta, cereal, oatmeal, noodles, naan, tortillas, potatoes, corn, etc.

| fruit

all fruit (fresh, frozen, dried, or canned)

| milk & yogurt

examples: milk, yogurt, cottage cheese (but not hard cheeses), frozen yogurt, etc.

| sweet & salty

examples: chocolate, candy, cookies, pastries, chips, pretzels, soda, fruit juice, etc.

2| make smart carb swaps

Choosing carbohydrates that are less processed & have more fibre can have a big impact on our blood sugars, energy levels, and appetite.

- Instead of *cereal*, try **oatmeal** – made with quick or old-fashioned oats
- Instead of *fruit-flavoured traditional yogurt*, try **plain Greek yogurt** (add your own fruit!)
- Instead of snacking on *granola bars*, try one serving (10-12) **dry-roasted nuts**

3| pair it with protein

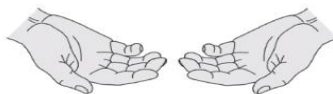
Including a source of protein with each of your meals & snacks is important to make sure your meals are balanced, your hunger is satisfied, and it can be especially helpful if you are trying to manage or lose weight. Look for **reduced-fat dairy & leaner cuts of meat**.

- Protein sources include: eggs, egg whites, plain cottage cheese, plain Greek yogurt, fish, poultry (including chicken, turkey), and meat (including beef, pork)

4| portion control



FRUITS*/GRAINS & STARCHES*:
Choose an amount the size of your fist for each of Grains and Starches, and Fruit.



VEGETABLES*:
Choose as much as you can hold in both hands.



MEAT & ALTERNATIVES*:
Choose an amount up to the size of the palm of your hand and the thickness of your little finger.



FATS*:
Limit fat to an amount the size of the tip of your thumb.



When planning your meals, fill $\frac{1}{4}$ of your plate with protein, $\frac{1}{4}$ of your plate with carbohydrates, and $\frac{1}{2}$ your plate with vegetables.

5| eat regularly

Try not to go longer than 4-5 hrs without eating a meal or a snack. Eating regularly helps to maintain steady energy and blood sugar levels, and keeps appetite in check.

6| beverages

Skip the sugary beverages like pop/soda and fruit juice – stick to water, tea, or coffee most of the time (limit the add-ins of sugar, milk & cream!) Not a fan of plain water? Try sparkling water for that fizzy flavor, or add in slices of lemons or limes to make it a little more exciting!

7| get active

Moving more & sitting less can have a tremendous impact on your blood sugar levels. Other benefits of regular physical activity include more energy, better sleep, stronger bones, and less stress!

- **Make it fun!** Choose activities you enjoy so you're more likely to stick with them
- **Start small.** Speak to your doctor before starting any exercise program that is more intense than walking.
- **Spread it out** – instead of one long walk on the weekends, try to fit 30 minutes of activity into each day.



Where to go for more information...

your online diabetes library

www.lmc.ca – print resources, blog posts written by Certified Diabetes Educators

www.diabetes.ca – Diabetes Canada – (recipes, information)

www.eatrightontario.ca – information, recipes, meal plans

