

# preventing type 2 diabetes



## know your carbohydrates

Carbohydrates simply means “foods that break down into sugar” inside our bodies. Knowing which foods are considered carbs is one of the first steps in leading a healthy lifestyle to prevent type 2 diabetes.

### | grains & starches

bread, rice, pasta, cereal, oatmeal, noodles, naan, tortillas, as well as two vegetables: potatoes & corn

### | fruit

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

### | milk & yogurt

milk, yogurt, ice cream, cottage cheese (but not hard cheeses)

### | sweet & salty

chocolate, candy, cookies, muffins, pastries, chips, pretzels, crackers

## 1 | smart carb swaps

Making a few smart carb swaps for foods in our diet can have a big impact on our blood sugars, energy levels, and appetite. Try choosing carbohydrates that are less processed & have more fibre to experience the benefits!

- 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**

## 2 | pair it with protein

Including a source of protein with each of your meals & snacks (when possible) 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 (including tuna, salmon, sardines, trout), poultry (including chicken, turkey), and meat (including beef, pork)

## 3 | stay physically active

Moving more & **sitting less** can help reduce your risk of developing type 2 diabetes, heart disease and some types of cancer. Other benefits of regular physical activity include more energy, better blood sugar and blood pressure levels, stronger bones, and even less stress!

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

## your online diabetes library

- [www.DiabetesSource.ca](http://www.DiabetesSource.ca) – online resource with blog posts written by Certified Diabetes Educators
- [www.diabetes.ca](http://www.diabetes.ca) – Canadian Diabetes Association
- [www.glycemicindex.com](http://www.glycemicindex.com) – searchable database of foods ranked as low, medium, or high glycemic index

# small steps... big results!

Being at a healthy weight is an important part of reducing your risk of developing type 2 diabetes. Aiming to lose just 5-10% of your current body weight is a great first goal to work towards –the steps below are all helpful to get you started!

## 1 | eat regularly

Try not to go longer than 4-5 hours without either a meal or a small snack. Eating regularly fights hunger cravings, helps maintain steady energy levels, and keeps appetite in check for future meals.

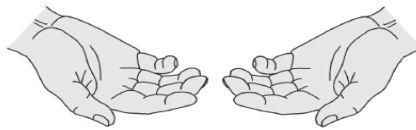
## 2 | beverages

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

## 3 | 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.

## 4 | fill up with fibre

Foods high in fibre can help slow the breakdown of carbohydrates from the food we eat, which can prevent spikes of blood sugar after meals. As well, foods with higher amounts of fibre cause us to feel full for longer, helping to keep our appetite under control. Good choices: beans, legumes, oats and whole grains. Best fruit options: berries (any kind!), apples, and pears.

## 5 | brisk walking

Being regularly active doesn't just mean going to a gym, if that's not something you enjoy. Many people find starting out with brisk walking is a great way to add activity to their days. Choose activities you enjoy!

### alcohol

When it comes to alcohol, moderation is the key. Limit the amount of alcohol in your diet – it is a source of calories that many people forget about, which can affect your weight. Alcohol can also interfere with how some medications work.

### smoking

Smoking can increase the risk of lung cancer, heart attacks, and strokes. The combination of higher blood sugars + smoking can damage the blood vessels. If you currently smoke, try your hardest to quit!