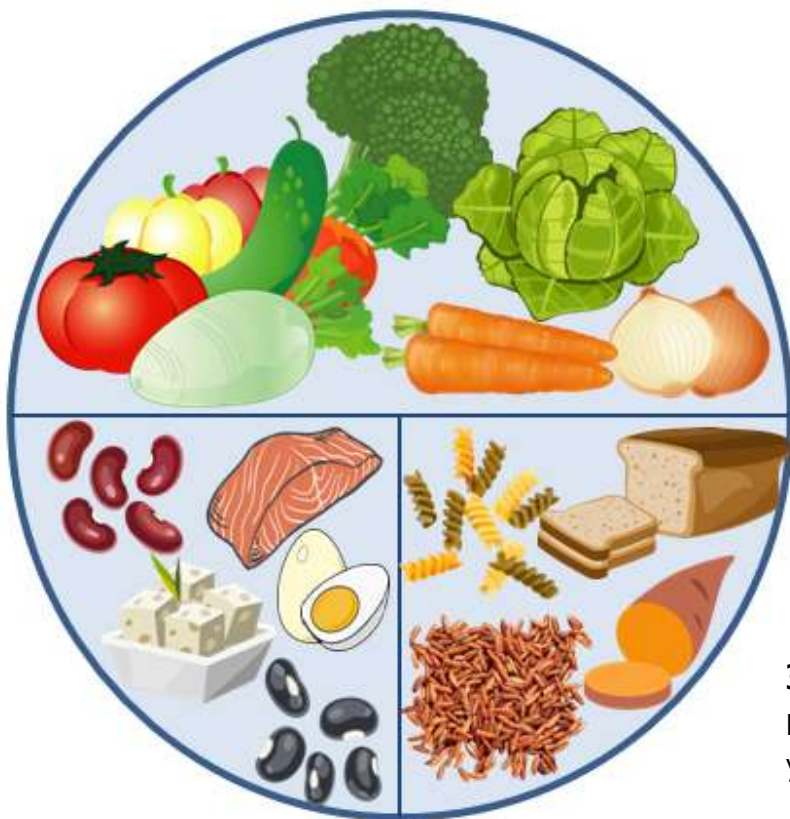


1| Watch your carb portions

Carbohydrate foods break down into sugar in our bodies. You don't have to avoid these foods completely, but eating less of them overall will help to control blood sugars.

- Aim to include no more than $\frac{1}{4}$ of your plate with carbohydrate foods
- Get creative! Try cauliflower rice in place of traditional rice and spaghetti squash in place of regular pasta
- If making a sandwich, make it open faced
- Instead of snacking on granola bars, try one serving (10-12) dry-roasted nuts
- Add beans to soups and casseroles instead of noodles



2| Make smarter carb choices

Not all carbs are created equal! Choose less processed carbohydrates more often.

- Instead of quick oats, cook a batch of slow cooking oats (you can make it in advance!)
- Instead of fruit-flavoured yogurt, try plain yogurt and add your own fruit
- Instead of crackers or rice cakes, try having apple slices with peanut butter or cheese
- Swap croutons for roasted chickpeas in salads and soups

3| Fill up on veggies

Fill $\frac{1}{2}$ of your plate with veggies. The fibre helps to keep you full and stabilizes blood sugars throughout the day.

- Eat your veggies first, then the rest of your meal
- Keep frozen veggies in stock for quick meals
- Raw, cooked, or frozen are all healthy options!
- Add crunch to your sandwich with a layer of greens, or sliced peppers & cucumbers
- Hide finely chopped veggies in sauces

4| Pair it with protein

Include a source of protein with every meal and snack. This is what makes the meal filling and helps to control post meal blood sugars.

- Aim to fill $\frac{1}{4}$ of your plate with protein foods
- Choose plant based proteins more often: beans, legumes, soy products, tofu, nuts and nut butters are all great options
- Have fish at least 2x per week
- Canned fish and beans are great options!

5| Make a big difference with beverages

Drinks like fruit juice and soda are high in sugar and calories. Swapping these out for water, tea, and coffee can make a big difference in your daily sugar intake. Tired of plain water?

- Try carbonated water
- Flavour with a squeeze of lemon/lime
- Replace ice cubes with frozen berries or other fruit
- Try brewing your own iced tea – there are limitless flavour possibilities!
- Try diet soda
- Try adding no-calorie flavour agents (powder or liquid)
- Avoid chocolate milk, hydrate with water after your workout



6| How you eat matters!

How you eat is just as important as *what you eat*!

- Sit down to enjoy your meal – don't eat on the run
- Turn off the TV/computer during meal time
- Eat slowly and enjoy every bite
- Before you eat, ask yourself if you're truly hungry, or just bored or eating out of habit
- Cook at home more often – make it a family activity!

7| Do you have 10 minutes? Spend them wisely!

Make getting active easier by breaking it down into 10 minute bursts. If you're new to activity, start with 10 minutes a day, and see if you can gradually build up! Here are some examples.

- Take a walk around the block on your lunch break
- Get off the bus early and walk part of the way home
- Put on your favourite music and dance for 10 minutes
- Use a step counter to help motivate you
- Do it with a friend or family member

