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**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\*:**

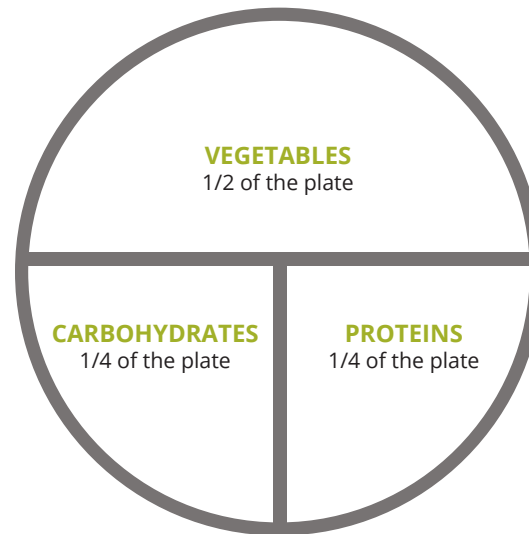
Choose an amount up to the size of the palm of your hand and the thickness of your little finger.



**FATS\*:**

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

This **balanced plate model** is great for lunch and dinner. For breakfast, pair a fistful of fibre rich carbohydrates and protein to fuel your morning.



**VEGETABLES:**

Raw, grilled, steamed, roasted, boiled, fresh or frozen

**CARBOHYDRATES:**

Bread/pita/roti, cold/hot cereal, pasta, noodles, rice, potatoes/corn/plantain, fruit, milk/yogurt, dried beans/lentils

**PROTEINS:**

Beef, pork, fish, poultry, seafood, eggs, low fat cheese and cottage, cheese, nuts/seeds, dried beans/ lentils, soy/tofu

**Limit your intake of sugar/salty snacks and drinks that are high in sugar.**



- 1 cup baby carrots and 1 tbsp white bean dip
- 1 string cheese and 1 medium apple
- 1/2 cup plain Greek yogurt and
- 1/2 cup berries
- 1/4 cup walnuts and 1 pear
- 1/2 cup roasted chick peas
- 1/4 cup almonds or walnuts
- 3 cups plain popcorn
- 1 unsweetened latte
- 4 crackers with 1 tbsp natural peanut butter

**TIP: Including a small amount of protein can help you feel fuller for a longer time and keep your blood sugars stable.**

If you have other medical needs, please speak to your doctor or dietitian before making changes to your diet.

\* Photo Source: Diabetes Canada Just the Basics handout.

## SMALL GROUP CLASSES

Online or In Person

### LIVING WITH DIABETES

The ABCs of living with diabetes

### NUTRITION AND LIFESTYLE

Healthy eating and exercise

### CARBOHYDRATE COUNTING

Reading food labels and counting carbohydrates

### ADVANCED SKILLS

Matching your insulin to your lifestyle

### 6 STEPS TO A HEALTHY HEART

Lifestyle changes to improve your heart health

### NEW SPECIALTY WORKSHOPS ADDED MONTHLY

\*Select workshops available in other languages and virtually by webinar.

Scan the QR code below to sign up for your free online workshop!



## LET'S GET STARTED TOGETHER!

Free services  
No referral required  
Individual appointments

phone **1.866-701.3636 (ENDO)**

email **referrals@LMC.ca**

## EASY TIPS TO GET YOU STARTED

- **Eat regularly** - Eat 3 meals per day, and avoid going longer than 4-6 hours between meals. Eating regularly can help you stay full and keep your blood sugars stable.
- **Balance your meals** - A balanced meal includes a ½ plate of vegetables, ¼ plate protein and ¼ plate carbohydrate.
- **Get active** - Being physically active doesn't just mean going to a gym. Choose activities you enjoy! Whether you wish to start out with brisk walking or a fitness class, the choice is yours.
- **Check your blood sugar levels** - Curious about your blood sugars? Check at different times of the day, not just in the morning. For more information, speak to your doctor or diabetes educator.

### Blood Sugar Goals

Before Meals 4-7mmol/l

2 hours after meals 5-10mmol/l

- **Beware of liquid sugars** - Skip the sugary beverages like pop/soda, fruit juice, and flavoured coffee drinks; stick to water, tea, or coffee (limit the add-ins of sugar, milk & cream!). Not a fan of plain water? Try sparkling water or add in slices of lemons or limes to make it a little more exciting!



MAKING HEALTHY EASIER



## Diabetes Education Program

phone **1.866.701.3636 (ENDO)**

email **referrals@lmc.ca**

visit us online **lmc.ca**

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