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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\*:**

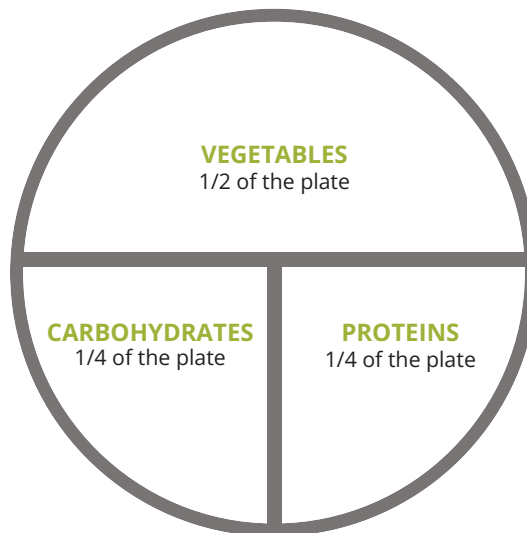
Choose an amount up to the size of the palm of your hand and the thickness of your little finger.



**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.

**VIRTUAL GROUP EDUCATION WORKSHOPS**

- Seven Tips for Living Well with Diabetes
- Nutrition: The Cornerstone of Managing Diabetes
- Carb Counting With Confidence
- Six Steps to a Healthy Heart
- Fine-Tuning Insulin: Advanced skills to make your own Adjustments
- Weight Management Program
- How to Manage Cravings & Emotional Eating
- Revamp Your Recipes: Easy Ways to Boost
- The Sweet Dilemma: Artificial Sweeteners vs. Sugar
- Travelling with Diabetes
- Pumping Basics/ Pump Ready
- GDM

\*More workshops available!



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- **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!

email **contact@lmc.ca**



**Diabetes & Endocrinology**

MAKING HEALTHY EASIER



**Diabetes Education Program**

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