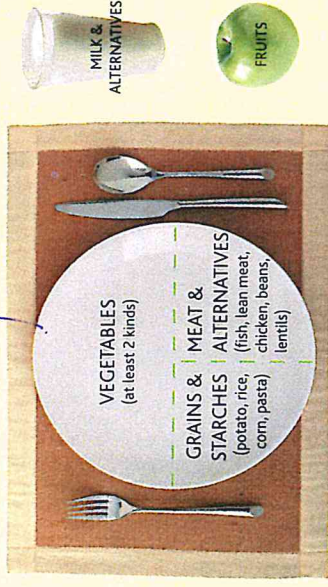


Beyond the Basics


Meal Planning for Healthy Eating
and Diabetes Management





Healthy eating helps you manage your blood glucose and maintain a healthy weight. *Beyond the Basics: Meal Planning for Healthy Eating, Diabetes Prevention and Management*, will help you to choose the right foods and portions. Work with your Registered Dietitian to plan meals you enjoy.

Beyond the Basics teaches you about food groups. Each one adds to health. Foods to “Choose more often” are the healthier choices within each group. They are generally higher in vitamins, minerals, and fibre and have healthier fat. Foods to “Choose less often” are shown in .

Foods that contain carbohydrate raise your blood glucose. These are **Grains & Starches, Fruits, Milk & Alternatives, and Other Choices**. One portion from any of these food groups contains about 15 grams (g) of available carbohydrate and counts as 1 carbohydrate choice.


 **Grains & Starches** includes grains, bread, pasta, potatoes, corn, and rice. Choose whole grains, such as whole wheat pasta and brown rice, more often to increase fibre intake. Most of these foods are low in fat.


 **Fruits** are a good source of vitamins, minerals, and fibre. Choose fresh, frozen, and canned fruit (juice-packed) more often. These foods are high in fibre (except for juice) and low in fat.


 **Milk & Alternatives** includes many sources and types of milk and fortified soy products, such as yogurt. “Choose more often” milk alternatives contain calcium and vitamin D and are lower in fat (skim, 1%, 2%).

 **Other Choices** covers a wide variety of sweet foods and snacks.

Food groups that contain little or no carbohydrate are **Vegetables, Meat & Alternatives, Fats, and Extras**.

 **Vegetables** are an excellent source of vitamins, minerals, and fibre. Choose dark green and brightly coloured vegetables often. Only parsnips, peas, and winter squash provide 15g of available carbohydrate when 1 cup (250 mL) is eaten.

 **Meat & Alternatives** Choose lean meats, poultry without the skin, lower fat cheese and fish more often. This helps to reduce the total amount of fat you eat. Legumes (beans and lentils) are low in fat and high in fibre; they also contain some carbohydrate: 1 cup of legumes provides 15 g of available carbohydrate. “Choose more often” foods are low in saturated fat.

 **Fats** Choose heart healthy unsaturated fats such as canola oil, olive oil, “non-hydrogenated” margarine, and small portions of nuts. Read labels and choose foods which say “low saturated fat” and “no trans fat”.

- ✓ **Extras** Foods low in calories, carbohydrate, protein, and fat. Examples are sugar-free soft drinks and jello, broth, garlic, herbs and spices, and small amounts of mustard and ketchup.
- ✓ Use less salt in cooking and at the table. Ask a Registered Dietitian if you need “lower sodium” food products.
- ✓ Include physical activity every day.

Legend



1 tablespoon (15 mL)

Choose more often



1 teaspoon (5 mL)



measure after cooking

Choose less often

1 ounce (30 grams) by weight

INCHES 1 2 3 4 5 6 7 8

CARBOHYDRATE CONTAINING FOOD

1 serving = 15 g available carbohydrates or 1 carbohydrate choice:

GRAINS & STARCHES

Bannock, whole grain baked 1.5x2.5 in	Barley, bulgur	Bread, whole grain 1 slice	Cereal, hot ¾ cup	Bagel ¼ large	Bannock, fried 1.5x2.5 in	Bagel ½ small	Bread, white 1 slice	Bun, hamburger or hotdog ½
Chapati, roti, tortilla, whole wheat 1 (6 in)	Corn, kernel	English muffin, whole grain ½	Pasta, couscous	Cereal, flaked unsweetened	Croutons ¾ cup	Crackers, soda type 7	French fries 10	Naan bread ¼ (6 in)
Plantain, mashed, sweet potato ½ cup	Pita bread, whole wheat ½ (6 in)	Potatoes, boiled, baked ½ medium	Rice, millet ½ cup	Soup, thick type	Pita bread, white ½ (6 in)	Pancake, waffle 1 (4 in)	Pizza crust ½ (12 in)	Taco shells 2 (5 in)

FRUITS

Apple 1 medium	Applesauce, unsweetened 1 small	Banana 1 small	Blackberries, strawberries 2	Cherries 15	Kiwi 2 medium	Mixed dried fruit	Canned fruit, in juice	Juice
Mango ½ medium	Melon 1 medium	Orange 1 medium	Peach 1 large	Pineapple ¾ cup	Plum 2 medium	Grapes 15	Plum 2 medium	

MILK & ALTERNATIVES

Chocolate milk, 1% 1 cup	Evaporated milk, canned 1 cup	Milk, low fat 1 ½ cups	Milk powder, skim 4	Soy beverage, flavoured 1 cup	Soy beverage, plain 1 cup	Soy yogourt, flavoured ½ cup	Yogourt, low fat plain ¾ cup	Yogourt, artificially sweetened ¾ cup
Milk pudding, skim no sugar added 3	Popcorn, air-popped, low fat 3	Arrowroot, gingersnap cookies 3	Brownie or cake, unfrosted 2 in square	Jam, jelly, honey 1 small	Muffin ½ small	Oatmeal granola bar 1 bar (28 g)	Pretzels, low fat 7 large/ 30 sticks	Sugar 3

OTHER CHOICES (sweet foods and snacks)

12g

Beyond the Basics

Meal Planning for Healthy Eating and Diabetes Management

Meal Plan

TIME									
CARBOHYDRATES <i>(grams / choices)</i>									
GRAINS & STARCHES									
FRUITS									
MILK & ALTERNATIVES									
OTHER CHOICES									
VEGETABLES									
MEAT & ALTERNATIVES									
FATS									



* = 1 serving = 15g

VEGETABLES

			* 1 cup				* 1.5 cup					* 1 cup	* 20		* 1 cup	* 1 cup		* 2 big	* 1 cup

MEAT & ALTERNATIVES

1/2 cup										

* 1 serving = 15g

FATS

--	--	--	--	--	--	--	--	--	--

Finding Carbohydrate Values using the Nutrition Label:

The amount of carbohydrate in a food is listed on the Nutrition Facts Table.

- The amount listed is for the serving size given. Are you eating more, less, or the same? Compare your serving size to figure out the amount of carbohydrate you are eating.
- The total amount of carbohydrate in grams is listed first. This number includes starch, sugars and fibre. (Starch is not listed separately.)
- Fibre does not raise blood glucose and should be subtracted from the total carbohydrate (i.e. 36 g carbohydrate – 6 g Fibre = 30 g available carbohydrate).

Nutrition Facts		
Amount	% Daily Value	
Per 90 g serving (2 slices)		
Calories 170		
Fat 2.7 g	4 %	
Saturated 0.5 g + Trans 0 g	5 %	
Cholesterol 0 mg		
Sodium 200 mg	8 %	
Carbohydrate 36 g	13 %	
Fibre 6 g	24 %	
Sugars 3 g		
Protein 8 g		
Vitamin A	1 % Vitamin C	0 %
Calcium	2 % Iron	16 %

My goals:

Example: I will eat more vegetables by having at least one vegetable at lunch.

- 1.
- 2.
- 3.

Notes:

(514) 412-4400 # 22348 (Lisa) # 62380 (Maude)

Name Maude Lafontaine Hébert Date maude.lafontainehebert@muhc.mcgill.ca
Lisa Piperno Phone Lisa.piperno@muhc.mcgill.ca E-mail
Registered Dietitian

OTHER USEFUL RESOURCES available from the Canadian Diabetes Association

1. *Just the Basics: Healthy Eating for Diabetes Prevention and Management*
2. *The Glycemic Index*
3. *Basic carbohydrate counting for diabetes management*
4. *Sugars & Sweeteners*
5. *Alcohol + diabetes*
6. *Cholesterol + diabetes*
7. *Eating away from home*
8. *Managing weight + diabetes*
9. *High blood pressure + diabetes*
10. *Healthy Eating is in Store for You™ program at www.healthyeatinginstore.ca*

For more information about diabetes,
visit diabetes.ca
or call 1-800-BANTING (226-8464)

