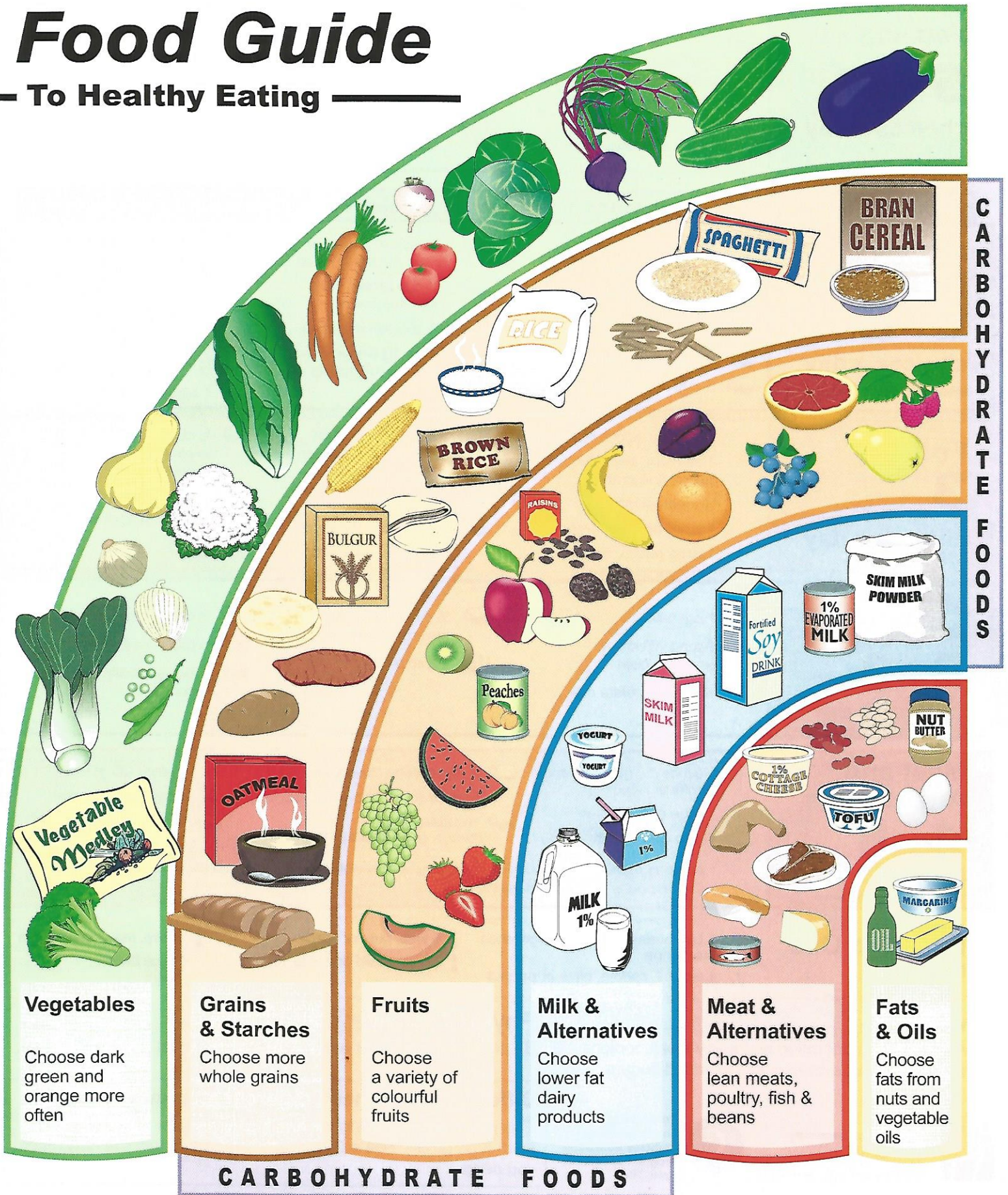





The Diabetes Food Guide

To Healthy Eating



















The Diabetes Food Guide









Recommended Daily Food Choices	What is a choice?
Vegetables 5+ choices a day	<ul style="list-style-type: none">  1 cup raw leafy greens, or  ½ cup cooked (spinach, romaine, kale, endive, swiss chard)  ½ cup raw/cooked: asparagus, beets, broccoli, green and yellow string beans, carrots, cabbage, cauliflower, celery, cucumber, eggplant, leeks, mushrooms, mixed frozen vegetables, onions, green and red peppers, tomato, turnips, zucchini <hr/> <p><i>* portions of more than 1 cup of parsnips, peas, winter squash and tomato sauce will add 15 g of available carbohydrate (3 teaspoons of sugar) to your meal.</i></p>






1 choice from carbohydrate foods = 15 grams of carbohydrate (3 teaspoons of sugar)

CARBOHYDRATE FOODS






Grains and Starches 6–8 choices a day Measure after cooking	<ul style="list-style-type: none"> 1 slice whole grain bread  ¾ cup hot cereal  ½ cup cold cereal  ½ cup barley, bulgur, buckwheat, quinoa, wild rice  ½ cup pasta, couscous  ½ cup corn kernel or ½ cob 	<ul style="list-style-type: none">  ½ medium potato or ½ cup mashed potato  1/3 cup brown rice, white rice, millet  1/3 cup sweet potato 1 (6 inch) whole wheat chapatti, roti, tortilla 	<ul style="list-style-type: none"> ½ (6 inch) pita bread ¼ large bagel 1 (4 inch) pancake or waffle 1 (2 inch) small muffin  3 cups popcorn ½ english muffin 7 soda crackers
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Fruits 3 choices a day	<ul style="list-style-type: none"> 1 medium: apple, orange, pear 2 medium: kiwi, plums, clementine oranges ½ medium mango 1 small banana, grapefruit 1 large peach, nectarine 	<ul style="list-style-type: none">  2 cups strawberries, blackberries, raspberries  1 cup blueberries  1 cup melon  ¾ cup fresh pineapple 15 grapes, cherries 	<ul style="list-style-type: none">  ½ cup unsweetened applesauce, canned fruit in juice  ½ cup unsweetened juice  ¼ cup mixed dried fruit
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Milk and Alternatives 2–3 choices a day	<ul style="list-style-type: none">  1 cup milk  1 cup fortified soy beverage plain  ½ cup chocolate milk 	<ul style="list-style-type: none">  ½ cup fortified soy beverage flavoured  4 tbsp powdered milk 	<ul style="list-style-type: none">  ½ cup evaporated milk  ¾ cup plain low fat yogurt  ¾ cup artificially sweetened yogurt
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Meat and Alternatives 4–8 choices a day Measure after cooking	<ul style="list-style-type: none"> 1 ounce (30 g) lean meat, poultry or fish 1 large egg  ¼ cup canned fish 	<ul style="list-style-type: none">  ¼ cup cottage cheese (1-2% MF) 1 ounce (30 g) cheese (<20% MF)  ½ cup legumes (beans, peas, lentils)* 	<ul style="list-style-type: none"> ½ block (85 g) tofu  2 tbsp. peanut butter  1/3 cup hummus
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** portions of more than 1 cup of beans and lentils will add 15 g of available carbohydrate (3 teaspoons of sugar) to your meal.*

Fats and Oils Moderation	<ul style="list-style-type: none">  1 tsp. butter or non hydrogenated margarine  1 tsp. oil, canola, olive or peanut 	<ul style="list-style-type: none">  1 tbsp. nuts or seeds  1 tbsp. salad dressing, regular 	<ul style="list-style-type: none">  1 tbsp. mayonnaise, light 1 slice bacon ½ avocado
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Sweets

Have sweets in moderation and enjoy small portions. Choose food and beverages low in added sugars.

Physical activity

Be physically active for at least 30 minutes most days of the week.

Different people need different amounts of food:

This guide gives you a lower and higher number of servings from each food group. See a Dietitian to help you determine how much you need.