

# GETTING STARTED:

## HEALTHY EATING FOR BLOOD SUGAR MANAGEMENT

Have breakfast within 2 hours of waking up

Eat 3 meals a day; aim to eat every 3–5 hours

Aim to spread carbohydrates throughout the day

Include protein food with each meal

Include a healthy portion of high-fibre foods with each meal and snack. High-fibre foods include whole grains, fruit, vegetables and legumes.

Limit or avoid drinks with sugars, including juice. Drink 8–10 cups (2–3 L) of water per day and up to 2 cups (16 oz) of low-fat milk.

Limit eating out to twice per week or less. Aim to prepare more foods at home

Limit sweets and salty snacks to twice per week or less

Choose an unprocessed snack, such as a piece of fruit, a small yogurt cup, or veggie sticks with dip or hummus

## Work toward achieving the following portion sizes:

**1/4**

3 oz of meat/poultry or 3/4 of a cup of cooked beans/lentils (about 1/4 of your plate)

**1/4**

1/2 to 1 cup of grain product or starch (about 1/4 of your plate)

**1/2**

1 to 2 cups of vegetables (about 1/2 of your plate)



# Foods that break down into blood sugars

## Carbohydrates

- Milk and alternatives
  - Milk, yogurt, soy milk, almond milk
- Fruits
- Grains and Starches
  - Rice, bread, pasta, quinoa, chapatti, pita , potato, corn
- Legumes
  - Beans, lentils, chickpeas, daal
- Added sugars
  - Fruit juice, honey, jam

# Foods that do not break down into blood sugars

## Proteins

- Meat/ fish/ poultry, eggs, cheese, Greek yogurt, cottage cheese, peanut butter, nuts/ seeds, legumes, hummus

## Non-starchy vegetables

- Lettuce, tomato, broccoli, cucumber, green beans, peppers, etc.

## Fats (choose healthy fats)

- Vegetable oil, avocado, olives, non-hydrogenated margarine, etc.

For more information check the Diabetes Canada website: [www.diabetes.ca](http://www.diabetes.ca)

## Confused about Portions?

Suggested Distribution for Quick Balance	Food Examples	Suggested Portion Size		Everyday Object Comparison
		Petite or Weight Loss	Increased Caloric Needs	
<b>MEAT &amp; ALTERNATIVES</b> - Choose 1 option at <b>Lunch &amp; Supper</b> <i>Breakfast and Snacks as needed</i>	Meat, poultry, fish, seafood	3 oz.	3-5 oz.	3 oz. = deck of cards
	Eggs, Egg whites	1-2 eggs	2-3 egg/egg whites	
	Peanut Butter	1-2 Tbsp.	2 Tbsp.	2 Tbsp. = 1 golf ball
	Tofu, beans, lentils	¾ cup	¾ - 1 ½ cup	1 cup = 1 baseball
<b>MILK &amp; ALTERNATIVES</b> - Choose 1 option at <b>Breakfast &amp; Snacks</b> <i>Meals as needed</i>	Yogurt/Cottage cheese	½-¾ cup	¾-1 ½ cup	
	Milk (Cow/Soy)	1 cup (250 ml)	1 cup	
	Cheese	1 ½ oz. (55 g)	1 ½ oz.	1 oz. = 2 dice
	Kefir	½ cup	½ cup	
<b>FRUIT</b> - Choose 1 option at <b>Breakfast &amp; Snacks</b> <i>Meals as needed</i>	Berries or Melon	½ - 1 cup	1 - 1½ cup	1 cup = 1 female fist
	Tropical fruit or grapes	½ cup	½ - 1 cup	½ cup = 1 tennis ball
	Tree fruit (e.g. apple, pear)	1 piece	1 piece	1 tennis ball
	Dried fruit (Large e.g. date)	3 pieces	3-6 pieces	
	Dried fruit (Small e.g. raisin)	2 Tbsp.	2-4 Tbsp.	
<b>NON-STARCHY VEGETABLES</b> - Choose 1 option at <b>Lunch &amp; Supper</b> <i>Breakfast and Snacks as needed</i>	Leafy Greens	1-2 cup(s)	2+ cups	1 Large Handful
	All other non-starchy vegetables	½ - 1 cup	1+ cup(s)	1 Small Handful
<b>GRAINS &amp; STARCHY VEGETABLES</b> - Choose 1 option at <b>Breakfast, Lunch &amp; Supper</b> <i>Snacks as needed</i>	Cooked grains, cereal or starchy-vegetables	½ - 1 cup (30-60 grams)	1 cup (60 grams)	1 Computer Mouse
	Rice (all types)	½ - ¾ cup (30-60 g)	¾ - 1 cup (60-90 g)	
	Bread	1-2 slices (30-60 grams)	2 slices (60 grams)	
	Pita, Bagel, Tortilla, Roti	½ (60 grams)	1 (60-120 grams)	
<b>Added Fats</b> - <b>Meals &amp; Snacks</b> <i>Include as needed</i>  <b>Servings Per Day</b> Most Women: 3-5/day Most Men: 4-6/day	Oil (all types) Margarine Butter	1 tsp	1-2 tsp	1 tsp = tip of thumb
	Salad Dressing Cream Cheese or Sour Cream Seeds or Nut Butters	1 Tbsp.	1-2 Tbsp.	1 Tbsp. = ½ golf ball
	Nuts or Avocado Guacamole, Hummus or Creamy Dips	1-2 Tbsp.	2-3 Tbsp.	2 Tbsp. = 1 golf ball

# Glycemic Index

The glycemic index (GI) can be a useful tool for making carbohydrate food/beverage choices.

Low GI foods are digested more slowly, help us feel full for longer and may improve post-meal blood sugars. They may also help with appetite control and lowering cholesterol.

High GI foods may leave us less satisfied with the same amount of food, so we may tend to over-eat. Choosing lower GI foods in place of high GI foods for your starch choices may help improve your blood sugars, especially if you follow the recommended healthy portion sizes listed on the previous page.

Low GI choices (<55) (choose more often)	Moderate GI choices (55-70)	High GI choices (>70) (choose less often)
Breads: 100% stone ground/whole grain, sprouted grain, heavy mixed grain, pumpernickel	Breads: whole wheat, rye, pita breads	Breads: white breads/rolls/bagels
Cereals: All Bran Buds, Red River Cereal	Cereals: plain quick cooking oats, oatmeal, puffed wheat, muesli, Raisin Bran	Cereals: instant oatmeal, Rice Krispies, Corn Flakes, Bran Flakes, congee
Other grains: parboiled rice, barley, quinoa	Other grains: basmati rice, brown rice, couscous, wheat roti, pancakes	Other grains: short grain rice
Fruit: most fruit	Fruit: pineapple, banana, fruit canned in syrup, raisins, grapes	Fruit: watermelon, melon (honeydew/cantaloupe), mango
Vegetables: most nonstarchy vegetables (e.g. broccoli, peppers, asparagus, leafy greens, okra, bok choy, green beans, etc.), yams	Vegetables: corn, new potatoes, baby potatoes, sweet potato	Vegetables: Russet (baker) potatoes
Legumes (beans such as kidney, black, or white beans, chick peas and lentils)		
Other: milk, soy beverage, yogurt	Other: honey, maple syrup	Other: pretzels, rice cakes, soda crackers, graham crackers, rice beverage

For more information on the Glycemic Index of Foods, visit [www.glycemicindex.com](http://www.glycemicindex.com)