

Extras

May be used as desired.

Artificial Sweetener
 Broth
 Coffee or tea
 Crystal Light
 Herbs or spices
 Lemon or lime
 Jam/jelly, no sugar added (limit of 1 to 2 tsp)
 Ketchup (limit of 1 to 2 tsp)
 Mustard, soya sauce or vinegar
 Sugar-free soft drinks (diet pop)
 Sugar-free jello
 Sugar-free gum
 Soda or mineral water
 Water
 Vegetables *

* Most vegetables are low in sugar (carbohydrates) except the ones listed below.

Count these vegetables as one “**Fruits and Vegetables**” choice:

- Beets1 cup
- Carrots1 1/2 cup
- Onions, cooked1 cup
- Peas1 cup
- Parsnips3/4 cup
- Tomatoes, stewed1 cup
- Tomato sauce1/2 cup
- Winter squash1 cup

Conversions:

1 cup = 250 ml
 3/4 cup = 175 ml
 1/2 cup = 125 ml
 1 tbsp = 15 ml
 1 tsp = 5 ml
 1 oz = 30 g

Combination foods

Food	Serving Size	Food Choice Value
Chili	1 1/4 cup	3 Meats and Alternatives 1 1/2 Grains and Starches 1 Fats and Oils
Beef stew	1/2 cup potato 2 oz meat 1/2 cup peas and carrots	2 Meats and Alternatives 1 1/2 Grains and Starches 1 Fats and Oils
Lasagna (meat and cheese)	3” x 3” piece	3 Meats and Alternatives 1 Grains and Starches 1 Fruits and Vegetables 2 Fats and Oils
Shepherd's pie	1 1/3 cup	2 Meats and Alternatives 1 1/2 Grains and Starches 1/2 Fruits and Vegetables 1 Fats and Oils
Pizza	1 small thin crust slice with cheese, 1 oz meat, vegetables (1/12 thin crust 12” pizza)	2 Meats and Alternatives (if vegetarian with no meat then 1 Meats and Alternatives) 1 Grains and Starches 1/2 Fruits and Vegetables 1 Fats and Oils
Stir fry	1 cup vegetables with 2 oz chicken with 1 cup cooked pasta or 2/3 cup cooked rice	2 Meats and Alternatives 2 Grains and Starches 1/2 Fruits and Vegetables 1 Fats and Oils
Quiche	3” wedge, with egg, ham, cheese, onions and peppers	2 Meats and Alternatives 1 Grains and Starches 1/2 Milk and Alternatives 2 Fats and Oils
Tuna casserole	1 cup casserole = 1/2 cup noodles, 1/4 cup tuna, 1 oz cheese, 1/4 cup milk, 1 tbsp bread crumbs	2 Meats and Alternatives 1 1/4 Grains and Starches 1/2 Milk and Alternatives 1 Fats and Oils

Healthy Eating for Diabetes

Name: _____

Dietitian: _____

Phone Number: _____

Date: _____

Tips:

- Eat 3 meals per day at regular times. Do not miss meals.
- Space meals 4 to 6 hours apart.
- Eat a variety of foods.
- Choose lower fat choices.
- Choose high fibre choices.
- Limit your intake of foods high in salt (sodium).
- If you are thirsty, drink water.
- Attain or maintain a healthy body weight. Goal weight _____.
- Include physical activity daily.

Breakfast

Grains and StarchesChoose ____ of:

- 1 slice bread
 - 1/2 English Muffin
 - 1/2 small bagel
 - 1/2 cup cold, or 3/4 cup hot cereal
-

Fruits and VegetablesChoose ____ of:

- 1 medium or 3/4 cup fruit or 1/2 cup canned
 - 1/2 cup unsweetened fruit juice
 - 1 1/2 cup vegetable or tomato juice
-

Milk and AlternativesChoose ____ cup(s) of:

- Milk (skim, 1% or 2%) or yogurt (plain) or unsweetened fruit yogurt
-

Meats and AlternativesChoose ____ of:

- 1 tbsp peanut butter
 - 1 egg
 - 1 oz (30 g weight) cheese (<20% MF = milk fat)
 - 1 oz (30 g weight) meat
-

Fats and OilsChoose ____ tsp of:

- Margarine (non-hydrogenated), butter or oil
-

Morning Snack: _____

Lunch

Grains and StarchesChoose ____ of:

- 1 slice bread
 - 1/2 hamburger or hotdog bun
 - 1/2 pita or 1/2 small bagel
 - 6 soda crackers or 4 melba toast
 - 1 cup soup
 - 1/2 cup potato, pasta, corn
 - 1/3 cup rice
 - 1/2 cup cooked legumes (chick peas, kidney beans)
-

Fruits and VegetablesChoose ____ of:

- 1 medium or 3/4 cup fruit or 1/2 cup canned
 - 1/2 cup unsweetened fruit juice
 - 1 1/2 cups vegetable or tomato juice
 - 1/2 cup tomato or spaghetti sauce
-

Milk and AlternativesChoose ____ cup(s) of:

- Milk (skim, 1% or 2%) or yogurt (plain) or unsweetened fruit yogurt
-

Meats and AlternativesChoose ____ of:

- 1/4 cup salmon, tuna or cottage cheese (skim, 1% or 2%)
 - 1 oz (30 g weight) meat, fish, poultry or cheese
 - 1 tbsp peanut butter
 - 1 egg
-

Fats and OilsChoose ____ tsp of:

- Margarine (non-hydrogenated), butter or oil
-

Afternoon Snack: _____

Supper

Grains and StarchesChoose ____ of:

- 1 slice bread
 - 1/2 hamburger or hotdog bun
 - 1/2 pita or 1/2 small bagel
 - 6 soda crackers or 4 melba toast
 - 1 cup soup
 - 1/2 cup potato, pasta, corn
 - 1/3 cup rice
 - 1/2 cup cooked legumes (chick peas, kidney beans)
-

Fruits and VegetablesChoose ____ of:

- 1 medium or 3/4 cup fruit or 1/2 cup canned
 - 1/2 cup unsweetened fruit juice
 - 1 1/2 cups vegetable or tomato juice
 - 1/2 cup tomato or spaghetti sauce
-

Milk and AlternativesChoose ____ cup(s) of:

- Milk (skim, 1% or 2%) or yogurt (plain) or unsweetened fruit yogurt
-

Meats and AlternativesChoose ____ of:

- 1/4 cup salmon, tuna or cottage cheese (skim, 1% or 2%)
 - 1 oz (30 g weight) meat, fish, poultry or cheese
 - 1 tbsp peanut butter
 - 1 egg
-

Fats and OilsChoose ____ tsp of:

- Margarine (non-hydrogenated), butter or oil
-

Evening Snack: _____
