

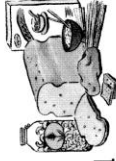
Healthy eating

Eat a variety of foods every day. Limit carbohydrate containing foods.

Carbohydrate containing foods
carbohydrate =
sugar

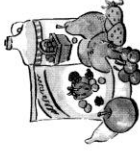
Grains & Starches

- ♦ whole grain bread, rice, pasta, legumes, potatoes, crackers, cereal



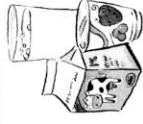
Fruits

- ♦ fruit (fresh, frozen, or canned), unsweetened juices



Milk & Alternatives

- ♦ plain low fat yogurt, skim, 1% and 2% milk



Other Choices*

- ♦ candy, regular soft drinks, desserts with icing, jam, jelly



* Other choices can be part of healthy eating. Talk to your dietitian about how you can fit these foods into your meal plan.

Foods that contain little carbohydrate

Vegetables

- ♦ salad greens, broccoli, onion, tomato slices, cauliflower, peppers



Meat & Alternatives

- ♦ lean meat, fish, poultry (without skin), legumes, cheese, egg, peanut butter



Fats

- ♦ non-hydrogenated margarine, butter, plain nuts, salad dressing, gravy




Extras

- ♦ coffee, tea, diet pop, seasonings, lemon

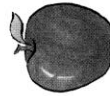





Healthy eating means eating only small amounts of sugar at one time.



Notes

 = 1 tsp sugar = 5 g carbohydrate

Choose the right amount

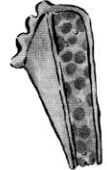

 = 
1 medium apple = 3 tsp sugar



 = 
1/2 cup 'al dente' pasta = 3 tsp sugar



 = 
1 cup milk (250 ml) = 3 tsp sugar

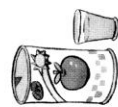

 = 
1 cup sugar free (diet) pop = 0 tsp sugar

Choose less often

 = 
1 piece of pie = 9 tsp sugar

 = 
1 piece of cake with icing = 12 tsp sugar

 = 
1 milkshake = 7 tsp sugar

 = 
250 mL (1 cup) unsweetened apple juice = 6 tsp sugar

The Canadian Diabetes Association works in communities across the country to promote the health of Canadians and eliminate diabetes through our strong nationwide network of volunteers, employees, healthcare professionals, researchers, partners and supporters. In the struggle against this global epidemic, our expertise is recognized around the world. The Canadian Diabetes Association: setting the world standard.

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