



Healthy Eating for Diabetes


- Aim for 3 meals per day
- Follow Eating Well with Canada's Food Guide. Include at least 3 out of the 4 food groups per meal.
- If you are thirsty, drink water or sugar-free beverages (examples: Crystal Light, diet pop, etc.)
- Carbohydrates are important for healthy eating but they do affect blood sugars
- Keep portions moderate to help control your blood sugars and weight

Your carbohydrate goals:

Carbohydrate Breakfast Snack Lunch Snack Supper Snack

Vegetables & Fruit	15 grams of carbohydrate per serving:	
<p>(7-10 servings/day)</p> 	<p>1 small apple/banana/pear/nectarine/peach/orange 2 kiwis/plums 1 c melon/blueberries 2 c raspberries/strawberries 15 grapes/cherries ¾ c pineapple ½ grapefruit ½ mango ¼ c dried fruit/raisins ½ c canned fruit/applesauce ½ c fruit juice</p>	<p>1 c peas/parsnips/winter squash 1 ½ c tomato juice/vegetable juice</p> <p>**All other vegetables are free and contain 0 g of carbohydrate!**</p>

Grain Products/ Starches	15 grams of carbohydrate per serving:	
<p>(6-8 servings/day)</p> 	<p>1 slice whole grain bread ⅓ c rice (cooked) ⅓ c sweet potato/yam ½ c potato ½ c corn ½ c pasta (cooked) 2 small perogies 1 tortilla (6") 7 soda crackers 2 Ryvita crackers 4 melba toast ⅔ c croutons</p>	<p>½ bun/English muffin ½ medium bagel ½ c cold cereal (All-bran, Honey Bunches of Oats, Corn Flakes) ⅔ c cold cereal (Corn Bran, Cheerios, Life, Rice Krispies) ¾ c hot cereal 1 waffle/pancake (4") 1 c soup (noodle, rice, barley, potato) 10 French fries 1 piece of bannock (1.5" x 2.5")</p>

Milk & Alternatives	15 grams of carbohydrate per serving:
<p data-bbox="212 317 483 352">(2-3 servings/day)</p> 	<p data-bbox="537 281 651 310">1 c milk</p> <p data-bbox="537 317 797 346">½ c chocolate milk</p> <p data-bbox="537 352 1078 386">¾ c plain/ artificially sweetened yogurt</p> <p data-bbox="537 392 878 422">1 c original soy beverage</p> <p data-bbox="537 428 894 457">½ c flavored soy beverage</p>
	<p data-bbox="537 470 1170 504">0 grams of carbohydrate per serving:</p>
	<p data-bbox="537 554 883 583">2 processed cheese slices</p> <p data-bbox="537 590 797 619">½ c cottage cheese</p> <p data-bbox="537 625 1081 655">1 ½ oz hard cheese (size of 2 dominoes)</p>

Meat & Alternatives	15 grams of carbohydrate per serving:
<p data-bbox="212 825 483 861">(2-3 servings/day)</p>	<p data-bbox="537 789 1143 819">½ c dried beans/dried peas/lentils (cooked)</p>
	<p data-bbox="537 831 1170 865">0 grams of carbohydrate per serving:</p>
	<p data-bbox="537 915 1289 945">2-3 oz beef/ fish/poultry/ pork (size of a deck of cards)</p> <p data-bbox="537 951 748 980">¼ c nuts/seeds</p> <p data-bbox="537 987 829 1016">2 Tbsp peanut butter</p> <p data-bbox="537 1022 964 1052">⅓- ⅔ can salmon/tuna/sardines</p> <p data-bbox="537 1058 623 1087">2 eggs</p> <p data-bbox="537 1094 639 1123">⅓ c tofu</p>

Other Foods	15 grams of carbohydrate per serving:
<p data-bbox="203 1297 493 1331">(Use in Moderation)</p>	<p data-bbox="537 1262 786 1291">2 Tbsp light syrup</p> <p data-bbox="537 1297 954 1327">1 Tbsp honey/sugar/jelly/jam</p> <p data-bbox="537 1333 727 1362">½ c ice cream</p> <p data-bbox="537 1369 748 1398">15 potato chips</p> <p data-bbox="537 1404 753 1434">½ c regular pop</p> <p data-bbox="537 1440 764 1470">28 g granola bar</p> <p data-bbox="537 1476 1029 1505">2" square cake/brownie (unfrosted)</p> <p data-bbox="537 1512 699 1541">3 c popcorn</p> <p data-bbox="537 1547 992 1577">2 Arrowroot/Gingersnap cookies</p>
	<p data-bbox="537 1604 1192 1638">30 grams of carbohydrate per serving:</p>
	<p data-bbox="537 1688 824 1717">2 Tbsp regular syrup</p> <p data-bbox="537 1724 776 1753">1 plain doughnut</p> <p data-bbox="537 1759 792 1789">50 g chocolate bar</p> <p data-bbox="537 1795 753 1824">16 tortilla chips</p> <p data-bbox="537 1831 704 1860">½ c sherbet</p> <p data-bbox="537 1866 846 1896">30 small pretzel sticks</p> <p data-bbox="537 1902 915 1932">¾ c regular flavored yogurt</p>

