





# Healthy Eating for Diabetes


- Aim for 3 meals per day, spaced 4 to 6 hours apart
- 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

	<b>Most women require:</b>		<b>Most men require:</b>
45-60 grams of carbohydrate per meal		60-75 grams of carbohydrate per meal	

Snacks may contain 0-30 grams of carbohydrate

Vegetables & Fruit	15 grams of carbohydrate per serving:	
<p><b>(7-10 servings/day)</b></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 style="text-align: center;"><b>**All other vegetables are free and contain 0 g of carbohydrate!**</b></p>

Grain Products/ Starches	15 grams of carbohydrate per serving:	
<p><b>(6-8 servings/day)</b></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><b>(2-3 servings/day)</b></p> 	1 c milk ½ c chocolate milk ¾ c plain/ artificially sweetened yogurt 1 c original soy beverage ½ c flavored soy beverage
	<p><b>0 grams of carbohydrate per serving:</b></p>
	2 processed cheese slices ½ c cottage cheese 1 ½ oz hard cheese (size of 2 dominoes)

Meat & Alternatives	15 grams of carbohydrate per serving:
<p><b>(2-3 servings/day)</b></p>	½ c dried beans/dried peas/lentils (cooked)
	<p><b>0 grams of carbohydrate per serving:</b></p>
	2-3 oz beef/ fish/poultry/ pork (size of a deck of cards) ¼ c nuts/seeds 2 Tbsp peanut butter ⅓- ⅔ can salmon/tuna/sardines 2 eggs ⅓ c tofu

Other Foods	15 grams of carbohydrate per serving:
<p><b>(Use in Moderation)</b></p>	2 Tbsp light syrup 1 Tbsp honey/sugar/jelly/jam ½ c ice cream 15 potato chips ½ c regular pop 28 g granola bar 2" square cake/brownie (unfrosted) 3 c popcorn 2 Arrowroot/Gingersnap cookies
	<p><b>30 grams of carbohydrate per serving:</b></p>
	2 Tbsp regular syrup 1 plain doughnut 50 g chocolate bar 16 tortilla chips ½ c sherbet 30 small pretzel sticks ¾ c regular flavored yogurt

