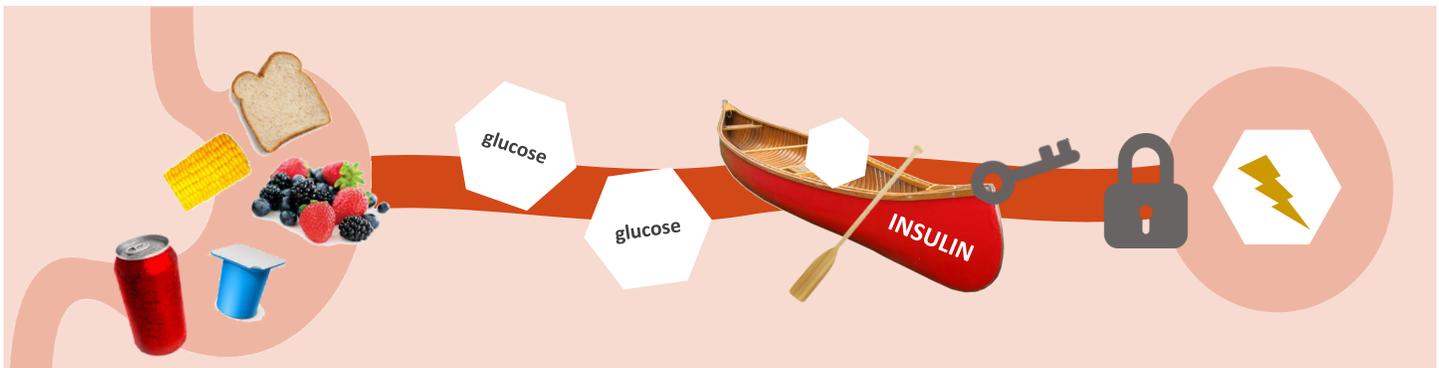


at peace with
DIABETES

NUTRITION

Get the know-how to keep eating what you like !

Diabetes changes how your body deals with food

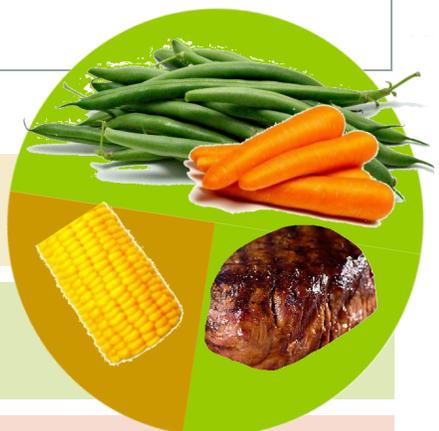


When you eat, sugars found in certain foods (**carbohydrates**) travel to your energy storage units carried through the blood by insulin.

Think of insulin as a canoe travelling a stream.

With diabetes in your body, insulin canoes are no longer produced on demand to match the amount of food you eat. Also, energy storage units might not be accessed as easily. As a result, sugar (glucose) might accumulate in the blood.

It takes **2 to 3 hours** for the insulin canoe to deliver a load of sugar. **Planning your meals and snacks to make them fit a canoe and allowing enough time for delivery will help you manage diabetes better !**



Learn what foods turn to sugar and make it fit the canoe.



Trust your hunger for how much of the other foods to eat.



After eating, wait for the next canoe; space meals and snacks by 2-3 hours !

Plan meals and snacks using the canoe

Trust your natural **hunger and fullness cues** for how much of the foods in green to have. Use the **canoe** to know how much of the foods in yellow to have :



MEAL	A meal canoe can fit 4 servings of foods that turn to sugar
SNACK	A snack canoe can fit 1 serving of foods that turn to sugar
Pro tip : When using the food label, each 15 grams of carbohydrates = 1 serving	

0	<p>Non-Starchy Vegetables (all except potato, corn, green pea and winter squash)</p> <p>Protein Foods (fish, chicken, meat, eggs, soy, cheese, nuts and seeds)</p> <p>Unsweetened Beverages (flat or sparkling water, unsweetened tea and coffee)</p> <p>Added Fats (<i>with moderation</i>—oil, margarine, butter)</p>	
1	<p>STARCHES</p> <ul style="list-style-type: none"> • Bread (1 slice, 2" baguette or sub) • Beans, Lentils (3/4 cup cooked, plain) • Oatmeal (3/4 cup cooked, plain) • Starchy Vegetables: Potato, Corn, Hominy, Green Pea, Winter Squash (1/2 cup) <p>FRUITS</p> <ul style="list-style-type: none"> • Apple, Pear, Orange (1) • Banana (1/2) • Berries (1 cup) • Grapes, Cherries (15-20) • Plumb, Clementine, Kiwi (2) • Salad or Sauce (1/2 cup) <p>CALCIUM-RICH FOODS</p> <ul style="list-style-type: none"> • Milk, Plain Soy Beverage (1 cup) • Plain Yogurt (3/4 cup) 	<p>OTHERS (<i>with moderation</i>)</p> <ul style="list-style-type: none"> • Baked Beans (1/4 cup) • Breaded Meat, Chicken or Fish (1) • Breakfast Cereals (1/2 cup) • Chips (15) • Crackers (4 to 7) • Egg or Spring Rolls (2) • Flavored Yogurt (1/2 cup) • Fries (10) • Ice Cream (1 scoop) • Noodle Soup (1 cup) • Popcorn (3 cups) • Sugar, Maple Syrup, Honey, Jam (1 Tablespoon) • Sweet Beverages, Juice (1/2 cup) • Taco Shells (2)
2	<p>STARCHES</p> <ul style="list-style-type: none"> • Bread Roll (1) • Cornbread (1 fist-size) • English Muffin (1) • Fricassee (1 cup) • Hamburger or Hot Dog Bun (1) • Pita, Wrap (1) 	<p>OTHERS (<i>with moderation</i>)</p> <ul style="list-style-type: none"> • Chocolate Milk (1 cup) • Commercial Cookies (2) • Granola Bar (1) • Meat Pie (1/6) • Pancake (1 8-inch) • Pizza (1 hand-size)
3	<p>STARCHES</p> <ul style="list-style-type: none"> • Bagel (1) • Traditional Dumplings (1 cup) • Pasta (1 cup) • Rice (1 cup) 	<p>OTHERS (<i>with moderation</i>)</p> <ul style="list-style-type: none"> • Chocolate Candy Bar (1) • Commercial Muffin, Pastry (1) • Indian Taco (1/2) • Soda (1 can)

Test and adjust meals and snacks until perfect !



Explore blood sugar before and 2 hours after eating. Blood sugar within the target range before and after a meal will tell you that the meal was well planned to manage diabetes. Add this meal or snack to you're a-list! Blood sugar over target 2 hours later indicates you should think about changing something the next time you eat that meal. **You can try to :**

YOUR TARGETS

4 – 5.5  before a meal

5 – 8  2h after a meal

Verify portions	Be mindful at all times	Include protein foods
Try measuring foods that turn to sugar with measuring cups and spoons before eye-balling it.	Use your fist to estimate portions or foods that turn to sugar if you are away from home.  1 cup = 1 fist	Proteins help to slow down how fast sugar is absorbed in your body and prevent a peak in blood sugar levels.
Boost your fiber	Drink plenty of water	Consider weight loss
Just like proteins, fibers help to prevent a peak in blood sugar levels. Fill 1/2 your plate with vegetables and choose whole grains .	Water is part of your blood. When you drink enough, it helps to keep your blood sugar level in good range.	Losing 5—10 % of your actual weight can help lower blood sugar levels. Your goal would be : _____



Remember to space meals and snacks by 2 to 3 hours.

MENU EXAMPLE	
8AM	<p>2 toasts, whole grains Peanut butter or eggs ½ banana Coffee with milk</p>  3
10AM	<p>1 apple or applesauce Handful of nuts</p>  1
12PM	<p>Vegetable barley soup 2 slices of bread Chicken or tuna filling 2 clementines Water or tea with milk</p>  4
3PM	<p>Veggies and dip Hard boiled egg</p>  0
6PM	<p>Salad or cooked vegetables 1 cup mashed potatoes Meat 1 cup berries 1 yogurt Water or tea with milk</p>  4
8PM	<p>4-6 crackers Cheese or peanut butter</p>  1

HEALTHY SNACK IDEAS



1/4 cup hummus
 + veggies



1/2 cup berries
 + **1/2 cup yogurt**



15 grapes
 + boiled egg



4-7 whole grain crackers
 + light cheese



1 apple
 + handful of nuts



3 cups air-popped popcorn



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