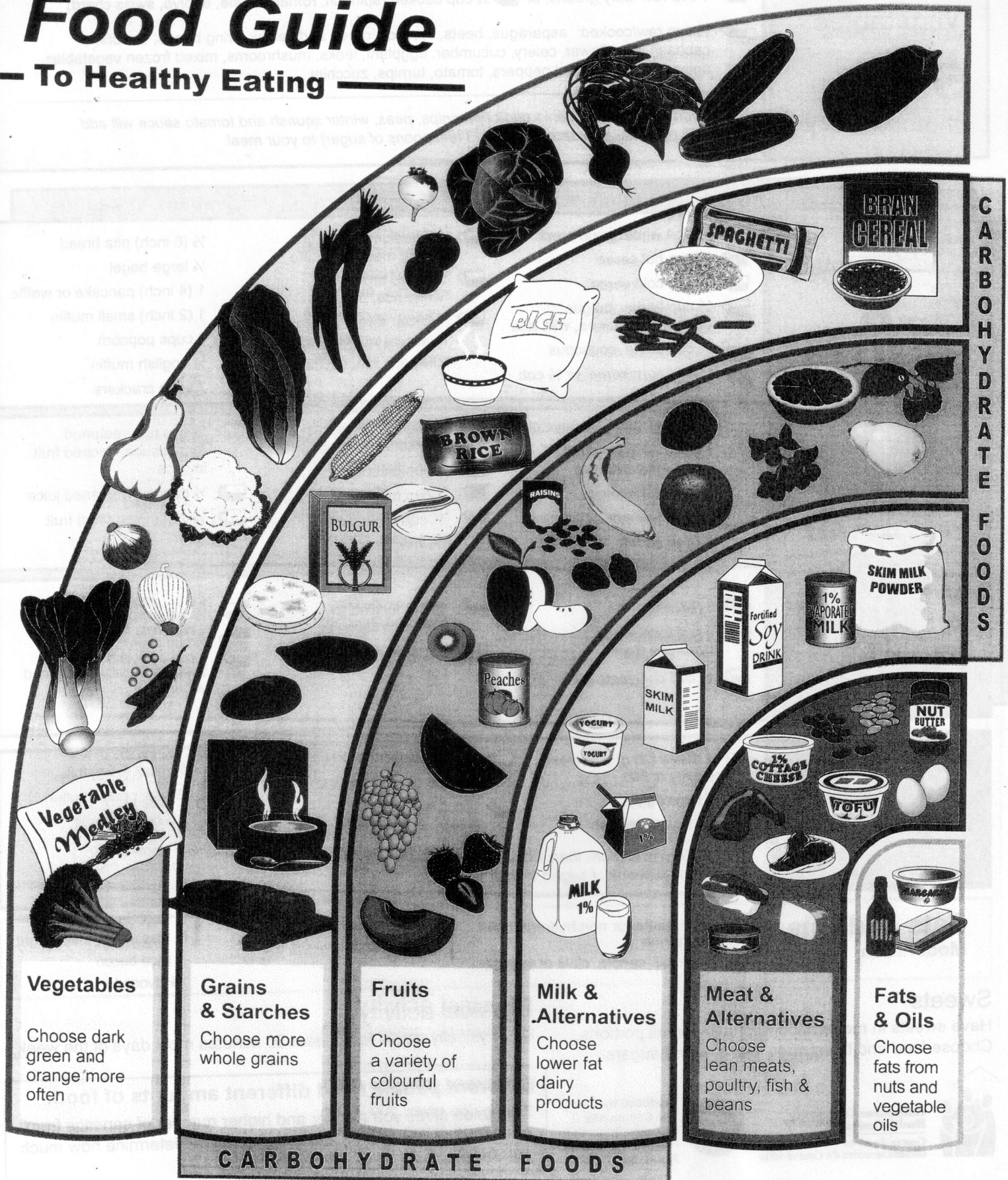


— The —

# Diabetes Food Guide

— To Healthy Eating —





# The Diabetes Food Guide




Recommended  
Daily Food Choices

## What is a choice?

### Vegetables

**5+**

choices a day

-  1 cup raw leafy greens, or  ½ cup cooked (spinach, romaine, kale, endive, swiss chard)
-  ½ cup raw/cooked: asparagus, beets, broccoli, green and yellow string beans, carrots, cabbage, cauliflower, celery, cucumber, eggplant, leeks, mushrooms, mixed frozen vegetables, onions, green and red peppers, tomato, turnips, zucchini

*\* portions of more than 1 cup of parsnips, peas, winter squash and tomato sauce will add 15 g of available carbohydrate (3 teaspoons of sugar) to your meal.*

**1 choice from carbohydrate foods = 15 grams of carbohydrate (3 teaspoons of sugar)**










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### Grains and Starches

**6-8**

choices a day








Measure after cooking

- 1 slice whole grain bread
-  ¾ cup hot cereal
-  ½ cup cold cereal
-  ½ cup barley, bulgur, buckwheat, quinoa, wild rice
-  ½ cup pasta, couscous
-  ½ cup corn kernel or ½ cob
-  ½ medium potato or ½ cup mashed potato
-  1/3 cup brown rice, white rice, millet
-  1/3 cup sweet potato
- 1 (6 inch) whole wheat chapatti, roti, tortilla
- ½ (6 inch) pita bread
- ¼ large bagel
- 1 (4 inch) pancake or waffle
- 1 (2 inch) small muffin
-  3 cups popcorn
- ½ english muffin
- 7 soda crackers

### Fruits

**3**









choices a day

- 1 medium: apple, orange, pear
- 2 medium: kiwi, plums, clementine oranges
- ½ medium mango
- 1 small banana, grapefruit
- 1 large peach, nectarine
-  2 cups strawberries, blackberries, raspberries
-  1 cup blueberries
-  1 cup melon
-  ¾ cup fresh pineapple
- 15 grapes, cherries
-  ½ cup unsweetened applesauce, canned fruit in juice
-  ½ cup unsweetened juice
-  ¼ cup mixed dried fruit

### Milk and Alternatives

**2-3**

choices a day






-  1 cup milk
-  1 cup fortified soy beverage plain
-  ½ cup chocolate milk
-  ½ cup fortified soy beverage flavoured
-  4 tbsp powdered milk
-  ½ cup evaporated milk
-  ¾ cup plain low fat yogurt
-  ¾ cup artificially sweetened yogurt

### Meat and Alternatives

**4-8**

choices a day






Measure after cooking

- 1 ounce (30 g) lean meat, poultry or fish
- 1 large egg
-  ¼ cup canned fish
-  ¼ cup cottage cheese (1-2% MF)
- 1 ounce (30 g) cheese (<20% MF)
-  ½ cup legumes (beans, peas, lentils)\*
- ½ block (85 g) tofu
-  2 tbsp. peanut butter
-  1/3 cup hummus

*\* portions of more than 1 cup of beans and lentils will add 15 g of available carbohydrate (3 teaspoons of sugar) to your meal.*

### Fats and Oils

Moderation

-  1 tsp. butter or non hydrogenated margarine
-  1 tsp. oil, canola, olive or peanut
-  1 tbsp. nuts or seeds
-  1 tbsp. salad dressing, regular
-  1 tbsp. mayonnaise, light
- 1 slice bacon
- ½ avocado

### Sweets

Have sweets in moderation and enjoy small portions. Choose food and beverages low in added sugars.

### Physical activity

Be physically active for at least 30 minutes most days of the week.

### Different people need different amounts of food:

This guide gives you a lower and higher number of servings from each food group. See a Dietitian to help you determine how much you need.



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