



Reduce the risk of heart disease 11/2 tablespoons at a time.

Canola oil isn't just versatile and economical. It has the least saturated fat of all common cooking oils—half that of olive oil. Plus, canola oil is free of trans fat and cholesterol and a good source of omega-3 fat and vitamin E. No wonder scientific studies* show that 1 1/2 tablespoons (19 g) of canola oil a day may help to reduce the risk of heart disease.

DIETARY FAT Comparison of dietary fats

Canala oil	7	21		- 11					61
Sofflower oil†	8	14	1						77
Flaxseed oil	9	16					57	1	18
Sunflower oil	12	71						1	16
Corn oil	13	57					1		29
Olive oil	15	9	1						75
Soybean oil	15	5	4				8		23
Peanut oil	19		33		*				48
Cottonseed oil	27			4				*	19
Lard	43				9 1				47
Palm oil	51				10				39
Butter	68						3 1		28
Coconut oil	91							2	7
	SATUR	ATED FAT	PO	LYUNSATUR	ATED FAT		MO	NOUNSATURA	TED FA
				linoleic ac (an omega-	id	alpha-linolen (an omego-3 fa		aleic acid (on omega-9 fatt)	ocid)
† High-oleic safflower oil			Fatty o	cid content no	ormalized to 100	1%			*Troce

^{*}For references, please go to www.fda.gov/Food/LabelingNutrition/LabelClaims/QualifiedHealthClaims/ucm072958.htm.



Canola Oil. Good for Every Body!™

For more about the heart-smart oil, go to: www.canolainfo.org



Diabetes: a threat to your health

Most Canadians are aware of the dangers of chronic diseases, such as cancer and heart disease. But did you know that diabetes also poses a very real threat to your health?

The Canadian population is aging, and obesity rates are rising. Our lifestyles are increasingly sedentary. Currently, more than nine million Canadians are living with diabetes or prediabetes. And, more than 20 people are diagnosed with diabetes every hour of every day.

The good news is that there are many steps you can take to protect yourself. Lifestyle changes can dramatically reduce your risk and keep you healthy. And for those living with diabetes, healthy behaviours can help prevent complications. So, get informed and get started!

What is diabetes?

Diabetes is a chronic, often debilitating and sometimes fatal disease in which the body either cannot produce insulin or cannot properly use the insulin it produces. This leads to high levels of glucose in the blood, which can damage organs, blood vessels and nerves. The body needs insulin to convert glucose into an energy source.

Type 1 diabetes is an autoimmune disease that occurs when the pancreas no longer produces any insulin or produces very little insulin.

Type 2 diabetes is a disease that occurs when the pancreas does not produce enough insulin to meet the body's needs and/or the body is unable to respond properly to the actions of insulin which is known as insulin resistance

Gestational diabetes is first diagnosed or first develops during pregnancy. Blood glucose levels usually return to normal following delivery, but both mother and child are at higher risk of developing type 2 diabetes later in life.

Prediabetes refers to a condition where a person's blood glucose levels are higher than normal, but not yet high enough to be diagnosed as type 2 diabetes. Fifty per cent of people with prediabetes go on to develop the disease.

If you think you may have diabetes, or the risk factors for diabetes, you need to take action now. First, talk to a healthcare professional about your concerns, including your risk factors and symptoms. He or she can arrange for a blood test, if needed. It's also important to educate yourself. For more information about diabetes, visit **diabetes.ca**.

About this calendar

The Canadian Diabetes Association's Healthy Living Calendar is full of great tips and delicious recipes to help you live well with diabetes.

How to use the calendar

Every month, you will find a great healthy recipe complete with nutritional information. For carbohydrate choice information and for additional recipes, please visit **diabetes.ca/recipes**.

Along with a recipe each month, you will also find informative nutrition myths and facts.

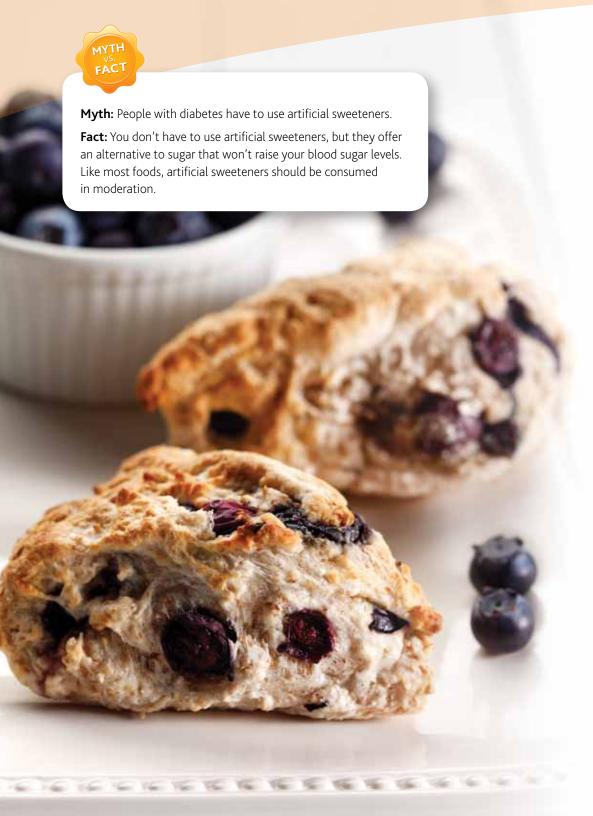
Join us in the fight against diabetes

Donate today at diabetes.ca/donate

Find a volunteer role near you at

diabetes.ca/volunteer

Learn more about becoming a diabetes advocate by contacting us at **advocacy@diabetes.ca**



Blueberry bannock

Enjoy this whole-wheat, baked version of a traditional Aboriginal recipe. Canola oil helps produce a light and tender crumb.

Yield: 8 servings **Serving size:** 1/8 bannock

Ingredients:

1 cup (250 mL) whole-wheat flour 1 cup (250 mL) all-purpose flour

3/4 cup (175 mL) fresh or frozen blueberries

2 Tbsp (30 mL) baking powder ½ tsp (2 mL) ground cinnamon

1/8 tsp (0.5 mL) salt

 ½ cup (125 mL)
 skim milk

 ½ cup (125 mL)
 water

 1 Tbsp (15 mL)
 canola oil

Instructions:

- 1. Preheat oven to 400°F (200°C).
- 2. In bowl, combine flours, blueberries, baking powder, cinnamon and salt
- 3. Stir in milk, water and canola oil and, using hands, moisten all ingredients, handling dough as little as possible.
- 4. Turn dough out of bowl and place on lightly floured surface.
- 5. Using hands, form disc about $\frac{1}{2}$ inch (1-cm) thick and about 9-10 inches (22-25 cm) in diameter. If necessary, sprinkle with flour to keep dough from sticking. Cut into 8 wedges.
- 6. Place wedges on parchment-lined baking sheet and bake for 15 20 minutes or until bannock is golden brown.

Nutritional Analysis:

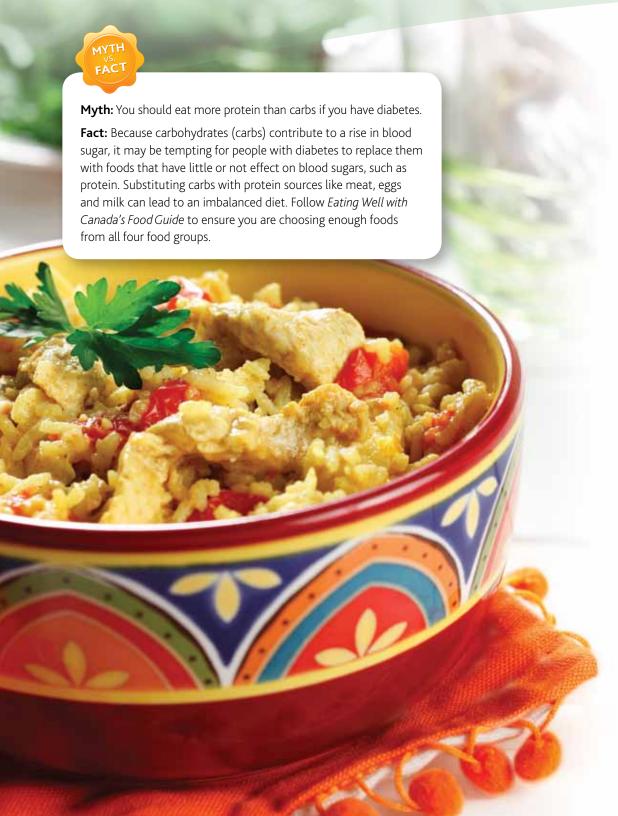
Calories 130 • Total Fat 2 g • Saturated Fat 0 g • Cholesterol 0 mg Carbohydrates 24 g • Fibre 2 g • Sugars 2 g • Protein 5 g Sodium 340 mg • Potassium 111 mg

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
December 2013 S M T W T F S 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31	February 2014 S M T W T F S 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28	anola info.org	1 New Year's Day	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20 National Non-Smoking Week	21	22	23	24	25
26	27	28	29	30	31 Chinese New Year	

Lend your voice.

Join a powerful group of supporters who are fighting for the rights of Canadians living with diabetes. Visit **diabetes.ca/advocacy** to find out more.

January



Easy chicken biryani

This is a quick, easy and healthy version of the traditional East Indian dish! Canola oil's neutral taste allows the spices to shine.

Yield: 8 servings **Serving size:** 3/4 cup (175 mL)

Ingredients:

2 Tbsp (30 mL) canola oil

1 cup (250 mL) finely chopped onion 2 cloves garlic, minced 2 Tbsp (30 mL) finely grated fresh ginger

½ Tbsp (7 mL)ground cumin½ Tbsp (7 mL)ground coriander¾ tsp (4 mL)ground turmeric½ tsp (2 mL)ground cardamom

3 cloves

1 cinnamon stick

14/3 cup (400 mL) basmati rice, well rinsed
1 lb (500 g) chicken breast, cut into strips
1/3 cup (75 mL) plain, nonfat Greek yogurt
2 fresh tomatoes, diced
3 cups (750 mL) low-sodium chicken broth
Fresh cilantro for garnish

Instructions:

- 1. In saucepan, heat canola oil over medium-high heat and sauté onion, garlic, ginger, cumin, coriander, turmeric, cardamom, cloves and cinnamon for 2 minutes to bring out flavours.
- 2. Stirring constantly, add rice, chicken, yogurt, tomato and broth; cover and simmer over medium heat for 15 minutes or until rice is tender, chicken is cooked through and liquid is absorbed. Remove from stove and let stand for 5 minutes.
- 3. Garnish with cilantro and serve.

Nutritional Analysis:

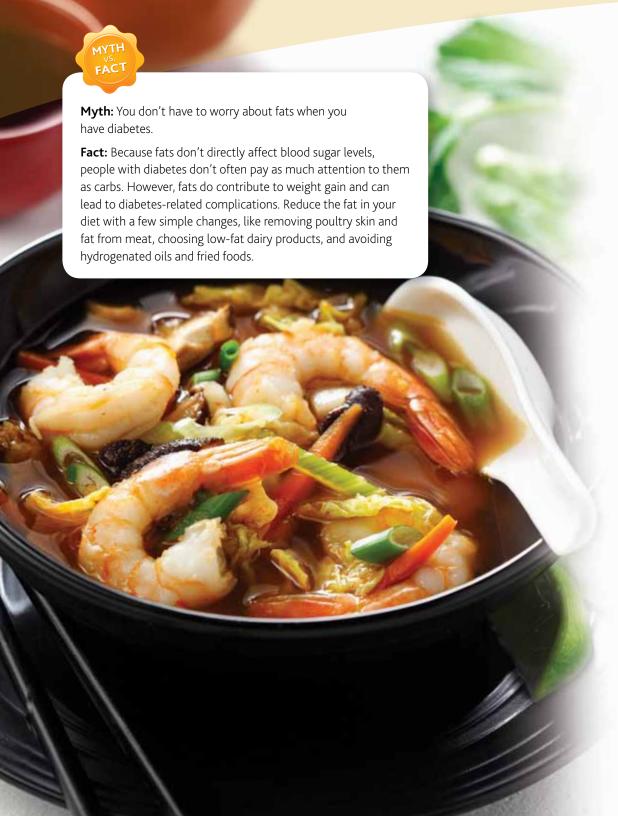
Calories 280 • Total Fat 8 g • Saturated Fat 1.5 g • Cholesterol 50 mg Carbohydrates 31 g • Fibre 3 g • Sugars 3 g • Protein 22 g Sodium 75 mg • Potassium 186 mg

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
January 2014 S M T W T F S 4 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31 F	March 2014 S M T W T F S 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29	canolainfo.org				National Heart Month
2	3	4	5	6	7	8
9	10 Family Day (BC)	11	12	13	14 Valentine's Day	15
16	17 Family Day (AB, SK, ON) Louis Riel Day (MB) Islander Day (PE)	18	19	20	21	22
23	24	25	26	27	28	

Join Team Diabetes and help the Canadian Diabetes Association lead the fight against diabetes! Walk or run in exciting events across Canada and around the world. Challenge yourself or your work colleagues. Make a difference. You can do it! Visit **teamdiabetes.ca** for more information and to register today.

February

The Canadian Diabetes Association's Healthy Living Calendar 2014 1-800-BANTING (226-8464) | diabetes.ca



Asian shrimp soup

This earthy Asian soup is perfect to warm you up on a cold day and canola oil's light taste won't interfere with the soup's layered flavours. Add red pepper flakes if you like more heat!

Yield: 4 servings Serving size: 1½ cups (375 mL)

Ingredients:

garlic clove, minced small onion, chopped

2 carrots, diced

2 celery stalks, chopped

1 Tbsp (15 mL) canola oil 1–2 Tbsp (15–30 mL) red curry paste

1 Tbsp (15 mL) low-sodium soy sauce 8 cups (2 L) low-sodium chicken broth

1 cup (250 mL)
 2 cups (500 mL)
 2 Tbsp (30 mL)
 Shiitake mushrooms
 chopped Chinese cabbage
 grated fresh ginger

medium shrimp, peeled and deveined green onions, sliced, for garnish

Instructions:

- 1. In saucepan, sauté garlic, onion, carrot and celery in canola oil over medium-high heat for about 3 minutes.
- 2. Stir in curry paste, soy sauce, chicken broth and bring to boil over high heat.
- 3. Add Shiitake mushrooms, Chinese cabbage and ginger. Cook for 3 minutes and add shrimp. Cover and cook for about 2 3 minutes or until shrimp turn pink.
- 4. Serve in soup bowls and garnish with green onion.

Nutritional Analysis:

Calories 170 • Total Fat 4.5 g • Saturated Fat 0.5 g • Cholesterol 25 mg Carbohydrates 31 g • Fibre 6 g • Sugars 5 g • Protein 7 g Sodium 290 mg • Potassium 294 mg

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
February 2014 S M T W T F S 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28	S M T W T F S 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30	canolainfo.org				1 National Nutrition Month
2	3	4	5 Ash Wednesday	6	7	8
9 Daylight Savings Time begins	10	11	12	13	14	15
16	17 St. Patrick's Day	18	19	20 First day of spring	21	22
23	24	25	26	27	28	29
30	31					

Lead the fight against diabetes in your community by hosting a fundraising event. Visit **diabetes.ca/myfundraiser** to register your event today.





Myth: People with diabetes shouldn't eat white-colour foods.

Fact: Some people believe that all white-colour foods are starchy and sugary and should be avoided if you have diabetes. As with all foods, moderation and portion control are key. Check your blood sugar levels before and after eating foods such as white rice or pasta to see how they affect you, eat in moderation, and substitute healthier whole-grain alternatives for foods like white bread.



Pork fajitas with mango

This zesty yogurt sauce and mango add a new twist to fajitas!

Yield: 4 servings Serving size: 1 fajita

Ingredients:

1 cup (250 mL) plain, nonfat Greek yogurt

2 Tbsp (30 mL) lime juice 1 tsp (5 mL) lime zest 1 tsp (5 mL) chili powder 1 Tbsp (15 mL) canola oil

1 lb (500 g) thin boneless pork chops, cut into thin strips

1 small onion, cut into thin strips

red bell pepper, seeds removed, cut into thin strips
 green bell pepper, seeds removed, cut into thin strips

1 mango, cut into thin strips

4 whole wheat 6-inch (15-cm) tortillas

Instructions:

- 1. In bowl, combine yogurt, lime juice, lime zest and chili powder. Store in refrigerator until ready to serve.
- 2. In large nonstick skillet, heat canola oil over high heat. Add pork; cook for 5 7 minutes, stirring frequently. Remove and set aside.
- 3. In same skillet, sauté onion and bell peppers for about 5 minutes.
- 4. Return pork to skillet. Add mango; sauté for 1 minute.
- 5. To serve, divide pork mixture evenly between tortillas. Add 2 Tbsp (30 mL) of chili yogurt sauce and roll tortilla burrito-style.

Nutritional Analysis:

Calories 320 • Total Fat 10 g • Saturated Fat 3.5 g • Cholesterol 35 mg Carbohydrates 19 g • Fibre 2 g • Sugars 3 g • Protein 14 g Sodium 125 mg • Potassium 196 mg

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
March 2014 S M T W T F S 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29	May 2014 S M T W T F S 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31	1	2	3	4	5
6 National Volunteer Week	7 World Health Day	8	9	10	11	12
13 Palm Sunday	14 Passover begins	15	16	17	18 Good Friday	19
20 Easter Sunday Orthodox Easter Sunday	21 Easter Monday	22 Passover ends Earth Day	23	24	25	26
27	28	29	30			
				anola info.org		

Stay informed and join the fight against diabetes by subscribing to the quarterly magazine, *Diabetes Dialogue*, or the free monthly e-newsletter, *Diabetes Current*.

Visit diabetes.ca/dialogue and diabetes.ca/current.

April



Tofu stir-fry

Marinating the tofu adds flavour to this tasty vegetarian dish! Canola oil's high smoke point makes it perfect for high-heat stir-fries. Serve over brown rice.

Yield: 6 servings **Serving size:** 1 cup (250 mL)

Ingredients:

Marinade

1 Tbsp (15 mL) low sodium soy sauce

1 Tbsp (15 mL) rice vinegar 2 tsp (10 mL) canola oil 3 Tbsp (45 mL) lime juice 1 Tbsp (15 mL) honey

1 tsp (5 mL) onion powder

Stir-fry

1 lb (500 g) firm tofu, well drained,

patted dry and cut into 12 rectangles

1 Tbsp (15 mL) canola oil

2 small onions, cut into wedges

large red bell pepper, seeds removed,

cut into 1-inch (2.5 cm) squares

4 mini bok choy, stems and greens separated

1 Tbsp (15 mL) minced fresh ginger 2 garlic cloves, minced 2 cups (500 mL) Shiitake mushrooms

Instructions:

- 1. In bowl, whisk together soy sauce, vinegar, canola oil, lime juice, honey and onion powder. Incorporate tofu and marinate for 15 minutes (reserve marinade).
- 2. In wok, heat canola oil over medium-high heat. Cook tofu for about 2 minutes per side or until golden. Set tofu aside.
- 3. In same wok, stirring constantly, cook onions for 3 5 minutes or until browned. Add bell pepper, bok choy stems, ginger and garlic; cook for 3 minutes. Add mushrooms; cook for 2 minutes. Add bok choy greens, reserved marinade and tofu; cook for 2 minutes. Serve immediately.

Nutritional Analysis:

Calories 190 • Total Fat 8 g • Saturated Fat 1 g • Cholesterol 0 mg Carbohydrates 25 g • Fibre 3 g • Sugars 6 g • Protein 9 g Sodium 70 mg • Potassium 408 mg

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
April 2014 S M T W T F S 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 8 9 10 11 12<	June 2014 S M T W T F S 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 4	canolainfo.org		1	2	3 Discovery of insulin announced (1922)
4	5	6	7	8	9	10
11 Mother's Day	12	13	14	15	16	17
18	19 Victoria Day	20	21	22	23	24
25	26	27	28	29	30	31 World No Tobacco Day

Become a monthly donor today and join a very special group of our most loyal and dedicated supporters. Visit **diabetes.ca/donate** for more information.





Myth: You need to eat meals at the same time every day if you have diabetes.

Fact: Today's medications allow for flexible eating schedules. Consult your health care team for more information.



Bunless bison burger with sautéed vegetables and balsamic reduction

Upgrade this bun-less burger with a balsamic reduction and sautéed vegetables, made with canola oil to help keep saturated fat in check. Dijon mustard and rosemary enhance the flavour of bison.

Yield: 4 servings **Serving size:** 1 burger

Ingredients:

½ cup (125 mL) balsamic vinegar

1 lb (500 g) ground bison or lean ground beef

2 Tbsp (30 mL) breadcrumbs 1 tsp (5 mL) Dijon mustard

1 tsp (5 mL) finely chopped fresh rosemary

1/4 tsp (1 mL) salt

¼ tsp (1 mL)ground pepper1½ Tbsp (20 mL)canola oil, divided2small onions, sliced1½ cup (375 mL)sliced mushrooms

1 red bell pepper, seeds removed, sliced

Instructions:

- 1. In small saucepan, bring balsamic vinegar to a boil. Reduce heat and simmer for about 10 minutes or until the vinegar is syrupy.
- 2. Meanwhile, in bowl, combine bison, breadcrumbs, mustard, rosemary, salt and pepper. Shape four burgers and set aside.
- 3. In nonstick skillet, heat 1Tbsp (15 mL) of canola oil over medium-high heat and cook onions for 3 5 minutes or until browned, stirring constantly. Add mushrooms and bell pepper; cook for 3 minutes. Remove and set aside.
- 4. In same skillet, heat remaining canola oil and cook bison burgers until the meat is fully cooked.
- 5. Garnish bison burgers with sautéed vegetables and drizzle with reduced balsamic vinegar.

Nutritional Analysis:

Calories 260 • Total Fat 10 g • Saturated Fat 2 g • Cholesterol 55 mg Carbohydrates 15 g • Fibre 2 g • Sugars 9 g • Protein 26 g Sodium 260 mg • Potassium 258 mg

Who we are

The **Canadian Diabetes Association** is a national charity and membership association, founded in 1953 by Dr. Charles Best, co-discoverer of insulin.

We are committed to excellence, partnership, innovation, integrity and respect. We are supported by a community-based network of volunteers, members, employees, health-care professionals, researchers and partners. By providing education and services to people living with diabetes, advocating on their behalf, supporting innovative research and setting the standard for diabetes care, we are delivering on our mission to lead the fight against diabetes by helping people with diabetes live healthy lives while we work to find a cure.

Every day, the Canadian Diabetes Association is:

- Creating awareness about diabetes and speaking out on issues affecting people living with diabetes.
- Providing hope and improving the lives of people living with diabetes.
- Supporting promising discoveries through research.

You can make a difference

For more than 50 years, the Canadian Diabetes Association has been leading the fight against diabetes. By joining the fight today, you can help:

- Fund 109 research initiatives underway across the country – any one of which could lead to a cure or offer new, life-changing treatments.
- Provide vital support through programs and services, as well as the most up-to-date information and tools to help the more than nine million Canadians living with diabetes or prediabetes manage the disease.
- Serve as a voice for Canadians with diabetes by advocating to all levels of government to improve diabetes policies, access to quality care, and fair and equitable treatment.



Visit diabetes.ca/donate to choose from a variety of donation methods.

- · Donate online.
- Make a gift in memory or in honour of someone special.
 Commemorate a loved one's life or honour someone special by donating to celebrate a birth, birthday, wedding or other special occasion.
- Arrange for a monthly donation. Sign up for monthly gifts to make a difference in the fight every day of the year.
- Support the Clothesline® Program. Schedule a free pick-up of your gently used clothing, small household and electronic items at diabetes. ca/promise or 1-800-505-5525.
- Leave a gift in your will or another legacy gift. Invest in a future without diabetes while taking advantage of various benefits and tax considerations.

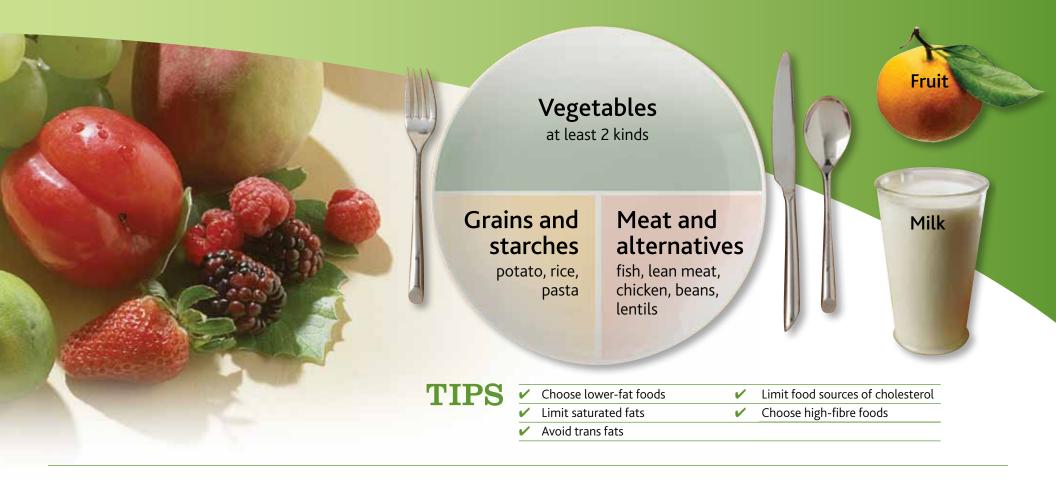
Ways to get involved

Visit diabetes.ca for more information on any of these opportunities.

- Become a member or volunteer. By becoming a member or volunteer, you can be part of something much bigger – a powerful alliance that will one day lead to a cure.
- Raise funds for the Canadian Diabetes Association.
 Join Team Diabetes or host a fundraising event in your community.
- Become a corporate supporter. Get your company involved by arranging for a corporate sponsorship, hosting an event or encouraging your employees to volunteer.
- Lend your voice. Join a powerful group of supporters who are fighting for the rights of Canadians living with diabetes.



The Plate Method Using a standard dinner plate, follow this model to control your portion sizes.



Healthy eating is essential to managing diabetes

Grains & Starches

- Choose whole grains
- Choose high-fibre grains, especially those with soluble fibre (such as barley, brown rice, multigrain pasta)
- Choose low-glycemic index foods

Fruits

• Choose whole and unprocessed fruit for more fibre

Milk & Alternatives

- Choose lower-fat milk (such as skim or 1%) and milk products (such as low-fat yogurt)
- Choose low-fat milk alternatives such as soy- or rice-based products

Vegetables

- Choose a variety of colours
- · Choose high-fibre vegetables
- Choose fresh vegetables if possible

Meat & Alternatives

- Choose at least 2 meals per week of fatty fish (such as salmon, trout, sardines)
- Choose plant protein more often (such as tofu, legumes, lentils)
- Choose lean meats, trim visible fat, remove skin from poultry
- Choose lower-fat cheese (less than 20% milk fat

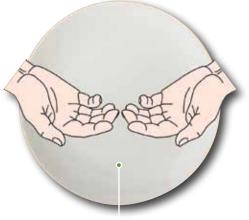
Handy portion guide

Your hands can be very useful in estimating appropriate portions. When planning a meal, use these portion sizes as a guide.



Grains and starches*

Choose an amount the size of your fist for fruit, grains and starches.



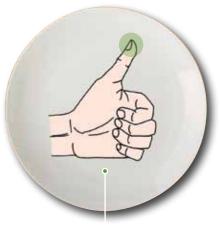
Vegetables*

Choose as much as you can hold in both hands. Choose brightly coloured vegetables (e.g., green or yellow beans, broccoli).



Meat and alternatives*

Choose an amount the size of the palm of your hand and the thickness of your little finger.



Fat*

Limit fat to an amount the size of the tip of your thumb.

Milk and alternatives*

Drink up to 250 mL (8 oz) of low-fat milk with a meal

Nutrition Facts Per 90 g serving (2 slices) % Daily Value Amount Calories 170 4% Fat 2.7 g 5% Saturated 0.5 g + Trans 0 g Cholesterol 0 mg 8 % Sodium 200 mg 13 % Carbohydrate 36 g 24 % Fibre 6 9 Sugars 3 g Protein 8 g 0% Vitamin C 1 % Vitamin A 16% 2% Iron Calcium

Read the nutrition facts

- 1. Serving size Compare the serving size on the package to the amount that you eat.
- 2. % Daily Value (% DV) tells you if there is a little or a lot of nutrient in one serving. Compare similar products. Choose foods with a lower % DV of fat and a higher % DV of fibre.
- 3. Choose foods with:
- · Lower fat content.
- Little or no saturated fat.
- No trans fat.

4. Cholesterol

- Choose foods with little or no cholesterol.
- Aim for less than 200 mg of cholesterol per day.

5. Sodium

Choose foods with less sodium

6. Fibre

- · Choose foods high in fibre.
- Aim for 25 g or more of fibre per day.

Read the ingredient list on food packages.

Avoid foods containing these fats:

- · Hydrogenated or partially hydrogenated oil or shortening.
- Tropical fats such as coconut, palm and palm kernel oils.

^{*} Food group names taken from *Beyond the Basics: Meal Planning for Healthy Eating, Diabetes Prevention and Management.* Please refer to this resource for more details on meal planning. © Canadian Diabetes Association, 2005.

Sample meal plans

For **SMALLER** appetites

Breakfast:

cold cereal (½ cup, 125 mL) whole grain toast (1 slice) 1 orange low-fat milk (1 cup, 250 mL) peanut butter (2 tbsp, 30 mL) tea or coffee, black

Lunch:

1 sandwich

- 2 slices of whole grain bread or 6 inch pita
- lean meat, chicken or fish (2 oz, 60 g)
- non-hydrogenated margarine (1 tsp, 5 mL) carrot sticks

grapes (½ cup, 15 pieces) low-fat plain yogurt (¾ cup, 175 mL) tea or coffee, black

Dinner:

potato (1 medium) or rice (2/3 cup, 150 mL) vegetables non-hydrogenated margarine (1 tsp, 5 mL)

lean meat, chicken, or fish (2 oz, 60 g) cantaloupe (1 cup, 250 mL) low-fat milk (1 cup, 250 mL) tea or coffee, black

Evening snack:

low-fat cheese (1 oz, 30 g) whole grain crackers (4)

For **BIGGER** appetites

Breakfast:

cold cereal (½ cup, 125 mL) whole grain toast (2 slices) 1 orange low-fat milk (1 cup, 250 mL) low-fat cheese (2 oz, 60 g) tea or coffee, black

Lunch:

soup (1 cup, 250 mL)

1 sandwich

- 2 slices of whole grain bread or 6 inch pita
- lean meat, chicken or fish (3 oz, 90 g)
- tomato slices
- non-hydrogenated margarine (1 tsp, 5 mL) carrot sticks

grapes (1/2 cup, 15 pieces)

low-fat plain yogurt (¾ cup, 175 mL) tea or coffee, black

Afternoon snack:

1 medium apple or small banana

Dinner:

1 large potato or cooked noodles (1½ cup, 375 mL) vegetables

green salad with low-fat salad dressing lean meat, chicken or fish (4 oz, 120 g)

1 medium pear

low-fat milk (1 cup, 250 mL)

tea or coffee, black

Evening snack:

peanut butter (4 tbsp, 60 mL) whole grain crackers (4) low-fat milk (1 cup, 250 mL)

My healthy habits checklist

Check the box that best describes your habits.
I limit the alcohol I drink to what is best for me. ☐ Yes ☐ No ☐ Not sure
I take my blood pressure medication as my doctor prescribed.
☐ Yes ☐ No ☐ Not sure
I take my cholesterol medication as my doctor prescribed. Yes No Not sure
I have healthy eating habits such as choosing low-fat foods and avoiding saturated and trans fat. Yes No Not sure
I limit cholesterol-containing foods such as egg yolks, liver, and shrimp. I make high-fibre choices (such as eating whole grain breads, cereals, lentils, and dried beans). Yes No Not sure
I eat enough vegetable and fruit servings every day by following <i>Eating Well with Canada's Food Guide</i> . Yes No Not sure
I am physically active by exercising 150 minutes each week.
☐ Yes ☐ No ☐ Not sure
I manage stress in a healthy way. ☐ Yes ☐ No ☐ Not sure
l am a non-smoker. ☐ Yes ☐ No ☐ Not sure



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15 Father's Day	16	17	18	19	20	21 National Aboriginal Day First day of summer
22	23	24	25	26	27	28 Ramadan begins
29	30			May 2014 S M T W T F S 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31	July 2014 S M T W T F S 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31 31	canola info.org

Have a birthday, wedding or anniversary coming up?

Send an eCard and make a gift in honour of someone special. Visit **diabetes.ca/donate** for details.





Myth: Fruit is bad for people with diabetes.

Fact: Contrary to popular belief, fruit is a part of a healthy diet for people with diabetes. *Eating Well with Canada's Food Guide* recommends a minimum of seven servings of vegetables and fruit a day for adults. The natural sugars in fruit contain calories and raise blood sugar, so choose up to three servings of fruit per day and focus more on vegetables. Also, talk to your dietitian or diabetes educator about how to include fruit in your diet.



Crisp salad with chayote and orange

Chayote fruit are grown in warmer climates such as Mexico. They are mild in flavour with a crisp texture. Canola oil lets the vinaigrette's lively taste come to the forefront.

Yield: 4 servings **Serving size:** 1½ cup (300 mL)

Ingredients:

Vinaigrette

1½ Tbsp (20 mL) canola oil 1Tbsp (15 mL) orange juice

1 Tbsp (15 mL) white wine vinegar

1 tsp (5 mL)sesame oil1 Tbsp (15 mL)honey1 Tbsp (15 mL)orange zest

1½ Tbsp (20 mL) finely grated fresh ginger

1 tsp (5 mL) Dijon mustard ½ tsp (1 mL) ground pepper

Salad

large chayote, unpeeled, cut into thin strips*

2 cups (500 mL) spinach

1 red bell pepper, seeds removed, cut into strips

oranges, peeled and cut into segments

34 small red onion, finely chopped

Instructions:

- 1. In small bowl, whisk together canola oil, orange juice, vinegar, sesame oil, honey, orange zest, ginger, mustard and pepper. Set aside.
- 2. In large bowl, mix chayote, spinach, bell pepper, orange segments and onion.
- 3. Pour vinaigrette over salad, toss and serve.

*Tip: You can substitute chayote with an Asian pear or a green apple.

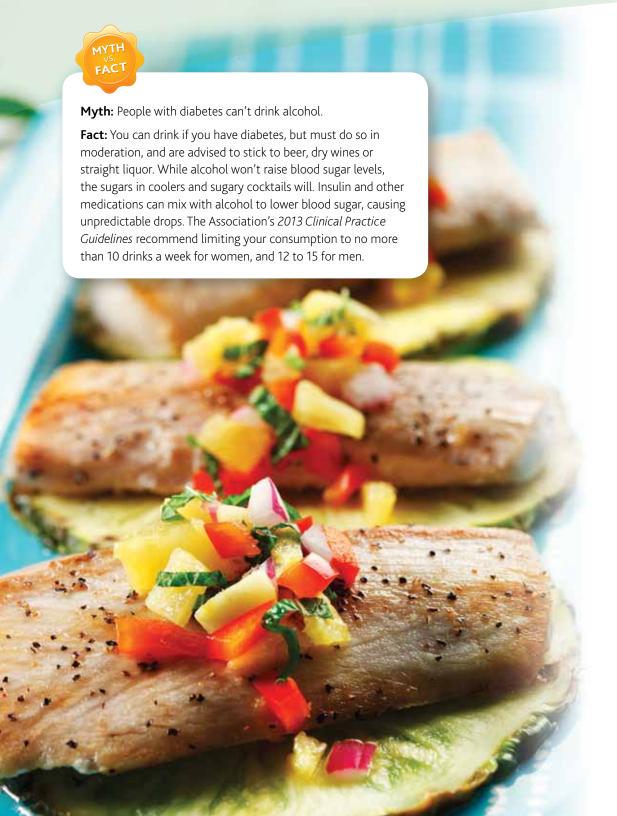
Nutritional Analysis:

Calories 150 • Total Fat 7 g • Saturated Fat 0.5 g • Cholesterol 0 mg Carbohydrates 23 g • Fibre 5 g • Sugars 16 g • Protein 2 g Sodium 55 mg • Potassium 350 mg

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
June 2014 S M T W T F S 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30	S M T W T F S 10 2 1 2 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30	1 Canada Day	2	3	4	5
6	7	8	9 Nunavut Day (NU)	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27 Ramadan ends	28 Eid-al-Fitr	29	30	31	anola info.org	

Support the Canadian Diabetes Association and protect the environment by donating gently used clothing, household items and electronics. Visit **diabetes.ca/clothesline** to learn more about three easy options: home pick-up, drop-off in a donation box or at a Clothesline® donation centre.





Mahi-mahi with pineapple salsa

This mahi-mahi has a fresh summer flavour, thanks to the combination of mint and pineapple. Canola oil's light taste helps those fresh flavours stay bright.

Yield: 4 servings **Serving size:** 1 fillet of mahi-mahi (6 oz/170 g)

and ½ cup (125 mL) of salsa

Ingredients:

1½ cup (375 mL) diced fresh pineapple ½ cup (60 mL) chopped red onion

½ cup (125 mL) diced, seeded red bell pepper

1 Tbsp (15 mL) chopped fresh mint 1 Tbsp (15 mL) fresh lime juice 1 Tbsp (15 mL) canola oil

mahi-mahi fillets (6 oz/170 g each)

1/4 tsp (1 mL) freshly ground pepper

Instructions:

- 1. In bowl, combine pineapple, onion, red pepper, mint, and lime juice; refrigerate until ready to serve.
- 2. In nonstick skillet, heat canola oil over medium heat. Add fish and sprinkle with pepper. Cook for 3 5 minutes. Turn and cook for additional 3 5 minutes or until desired doneness.
- 3. Top fish with salsa and serve.

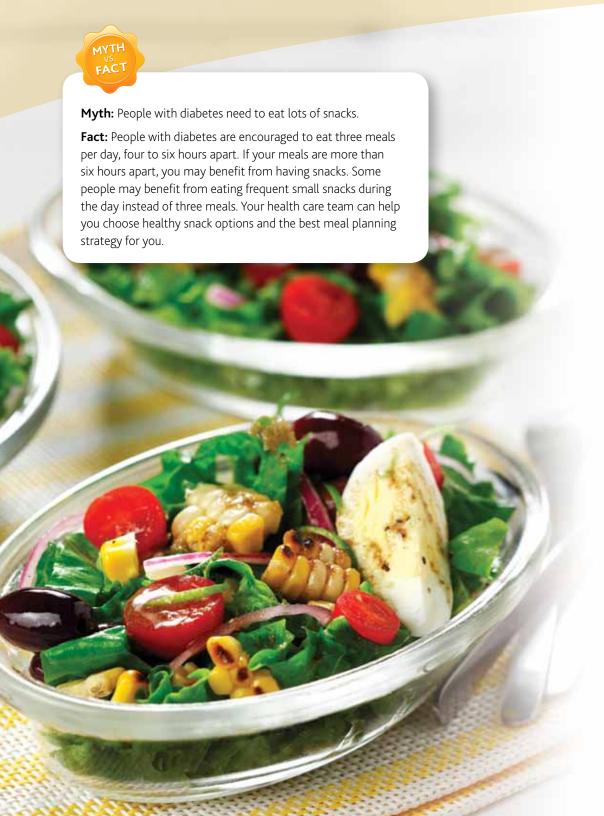
Nutritional Analysis:

Calories 220 • Total Fat 5 g • Saturated Fat 0.5 g • Cholesterol 125 mg Carbohydrates 11 g • Fibre 1 g • Sugars 7 g • Protein 32 g Sodium 150 mg • Potassium 836 mg

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
July 2014 S M T W T F S 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31	September 2014 S M T W T F S 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30	canola info.org			1	2
3	4 Civic/Provincial Day (MB. NT, ON, SK, NU) British Columbia Day Heritage Day (AB) New Brunswick Day	5	6	7	8	9
10	11 Natal Day (NS, PE)	12	13	14	15	16
17	18	19	20	21	22	23
31	25	26	27	28	29	30

Give the gift of hope to millions of Canadians affected by diabetes by leaving a gift in your will. Visit **diabetes.ca/legacy** or call 1-800-BANTING (226-8464) to find out more.

August



Grilled corn and tomato salad

This is a light and summery dish that shows off corn and tomatoes at their best. Canola helps keep saturated fat to a minimum.

Yield: 6 servings **Serving size:** ²/₃ cup (150 mL)

Ingredients:

Vinaigrette

½ tsp (2 mL) ground cumin ½ tsp (2 mL) ground coriander

1½ Tbsp (20 mL) canola oil 2 Tbsp (30 mL) lime juice 1 tsp (5 mL) lime zest

1 clove garlic, minced

Salad

ears corn on the cob, shucked and grilled*

2 cups (500 mL) cherry tomatoes, cut in half red onion, thinly sliced

⅓ cup (75 mL) Kalamata olives, whole and pitted

head leaf lettuce, shredded hard-boiled eggs, quartered

Instructions:

- 1. In small bowl, whisk together cumin, coriander, canola oil, lime juice, lime zest and garlic. Set aside.
- 2. In large bowl, gently combine corn, tomatoes, onion, olives and vinaigrette.
- 3. Divide lettuce among four plates; top with salad and garnish with egg.

***Tip:** You can replace the fresh shucked and grilled corn with 1 cup (250 mL) frozen or low-sodium canned corn.

Nutritional Analysis:

Calories 110 • Total Fat 7 g • Saturated Fat 1 g • Cholesterol 95 mg Carbohydrates 8 g • Fibre 2 g • Sugars 3 g • Protein 5 g Sodium 95 mg • Potassium 210 mg

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 Labour Day	2	3	4	5	6
7 Grandparent's Day	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23 First day of fall	24 Rosh Hashanah	25	26	27
28	29 World Heart Day	30		S M T W T F S 1 2 2 3 4 5 6 7 8 9 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30	S M T W T F S 14 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31	canola info.org

Get involved as a volunteer and help people living with diabetes. To learn more, visit **diabetes.ca/volunteer** or call 1-800-BANTING (226-8464) to speak to a volunteer engagement coordinator in your region.

September



Myth: People with diabetes can't eat their favourite foods.

Fact: Living with diabetes means being more careful about food choices, but you don't have to eliminate your favourites. Instead, choose smaller portions and where possible, try substituting ingredients with whole grains or artificial sweeteners to increase fibre and decrease the amount of sugar.



Wild rice and apple stuffed acorn squash

The sweetness of the apple here complements the delicate flavours of squash, celery and thyme. Canola oil's high-heat tolerance makes it an ideal choice for both roasting and sautéing in this dish.

Yield: 4 servings **Serving size:** ½ squash

Ingredients:

¼ cup (60 mL) wild rice, rinsed*

2 small acorn squash, halved and cored

1Tbsp plus 2 tsp canola oil

(25 mL)

½ cup (125 mL) finely chopped onion

2 garlic cloves, finely chopped

celery stalks, diced

1 large red apple, unpeeled and diced

1 Tbsp (15 mL) fresh thyme

Instructions:

- 1. In glass or metal bowl, cover wild rice with 1 cup (500 mL) boiling water. Let sit covered for 1 hour until kernels pop, and then drain the water.
- 2. Preheat oven to 400°F (200°C).
- 3. Brush inside of each squash half with ½ tsp (2 mL) canola oil.
- 4. Place squash, flat side down, on a parchment-lined baking sheet. Bake for 30 minutes or until squash is tender.
- 5. Five minutes before squash finish cooking, prepare stuffing. In nonstick skillet, sauté onion, garlic and celery in remaining canola oil over medium-high heat for about 3 minutes. Add apple; cook for 2 minutes. Add rice and thyme; mix well.
- 6. Remove squash from oven and stuff with wild rice blend. Serve.

*Tip: For convenience, use leftover or canned wild rice and omit step 1.

Nutritional Analysis:

Calories 210 • Total Fat 6 g • Saturated Fat 0.5 g • Cholesterol 0 mg Carbohydrates 40 g • Fibre 6 g • Sugars 12 g • Protein 4 g Sodium 35 mg • Potassium 950 mg

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
September 2014 S M T W T F S 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 8 8 9 10 13 10 <td>November 2014 S M T W T F S 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23/3 24 25 26 27 28 29</td> <td>canolainfo.org</td> <td>1 Healthy Workplace Month</td> <td>2</td> <td>3 Yom Kippur</td> <td>4</td>	November 2014 S M T W T F S 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23/3 24 25 26 27 28 29	canolainfo.org	1 Healthy Workplace Month	2	3 Yom Kippur	4
5 Eid-al-Adha	6	7	8	9	10	11
12	13 Thanksgiving Day	14	15	16 World Food Day	17	18
19	20	21	22	23 Diwali	24	25 Nobel Prize awarded for discovery of insulin (1923)
26	27	28	29	30	31 Banting House 94th anniversary Halloween	

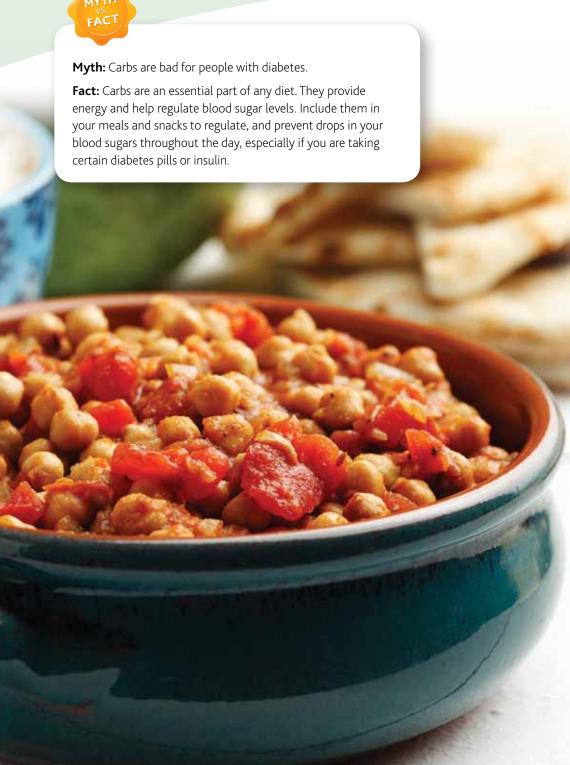
Need help managing your diabetes?

Visit **diabetesgps.ca** and download the mobile app to help keep your diabetes in check no matter where you are!

October

The Canadian Diabetes Association's Healthy Living Calendar 2014 1-800-BANTING (226-8464) | diabetes.ca





Chana masala

This spicy vegetarian dish is made healthier with the use of canola oil, which has the least saturated fat of all common cooking oils. If you like your food spicier, add red pepper flakes.

Yield: 4 servings **Serving size:** 1½ cups (375 mL)

Ingredients:

2 Tbsp (30 mL) canola oil 1 tsp (5 mL) cumin seeds

small onion, finely chopped

1 Tbsp (15 mL) grated fresh ginger 1 tsp (5 mL) curry powder 2 tsp (10 mL) garam masala

1 can 28 fl oz diced tomatoes, no salt added

(796 mL)

chickpeas, drained and well rinsed 2 cans 19 fl oz

(540 mL)

2 Tbsp (30 mL) lemon juice

coarsely chopped fresh cilantro 1/4 cup (60 mL)

Instructions:

- 1. In saucepan, heat canola oil over medium heat and sauté cumin seeds for about 1 minute.
- 2. Add onion, ginger, curry powder and garam masala, and cook for 3 minutes, stirring constantly.
- 3. Add tomatoes, chickpeas and lemon juice.
- 4. Using spatula, scrape bottom of pan to get all cooking juices. Cover and cook for 10 minutes.
- 5. Serve hot with basmati rice, naan bread or dosa, Garnish with cilantro.

Nutritional Analysis:

Calories 170 • Total Fat 5 g • Saturated Fat 0 g • Cholesterol 0 mg Carbohydrates 25 g • Fibre 6 g • Sugars 6 g • Protein 7 g Sodium 165 mg • Potassium 30 mg

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
October 2014 S M T W T F S 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31	December 2014 S M T W T F S 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31	canola info.org				1 Diabetes Awareness Month
2 Daylight Savings Time ends	3	4	5	6	7	8
9	10	11 Remembrance Day	12	13	14 World Diabetes Day Frederick G. Banting born (1891)	15
16	17	18	19	20	21	22
30	24	25	26	27	28	29

November is Diabetes Awareness Month!

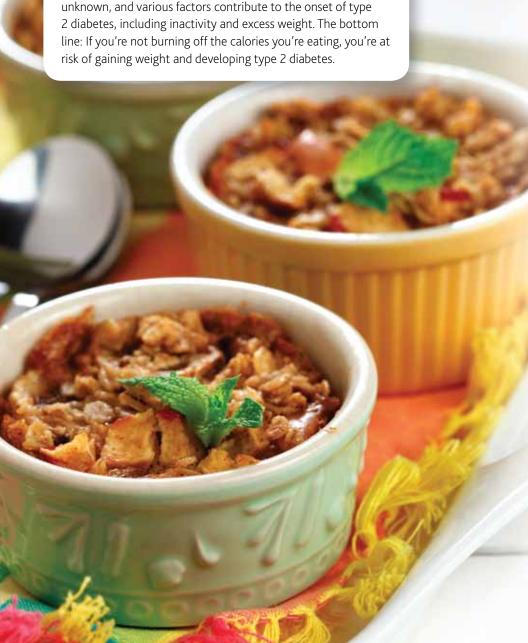
Visit diabetes.ca to find out about events in your area and how you can get involved.





Myth: Too much sugar causes diabetes.

Fact: Sugar contains calories and is low in nutritional value, but it does not cause diabetes. The cause of type 1 diabetes is unknown, and various factors contribute to the onset of type 2 diabetes, including inactivity and excess weight. The bottom risk of gaining weight and developing type 2 diabetes.



Baked apple and banana oatmeal

Upgrade your oatmeal with this baked version – made especially heart-healthy with the use of canola oil, which is rich in omega-3 fat and is a good source of vitamin E. You can substitute berries for the apple if you prefer.

Yield: 8 servings Serving size: ½ cup (125 mL)

Ingredients:

2 cups (500 mL) rolled oats 1/2 Tbsp (7 mL) baking powder 1 tsp (5 mL) cinnamon

1/4 tsp (1 mL) salt

apple, diced banana, sliced

egg 1 cup (250 mL) skim milk

3 Tbsp (45 mL) canola oil

¹/₃ cup (75 mL) maple syrup or brown sugar

3/4 tsp (4 mL) vanilla extract

canola oil cooking spray

Instructions:

- 1. Preheat oven to 350°F (180°C).
- 2. In large bowl, mix together oats, baking powder, cinnamon and salt. Stir in apples and banana; set aside.
- 3. In another bowl, whisk together egg, milk, canola oil, maple syrup or brown sugar and vanilla extract. Pour over dry mixture and gently stir to combine.
- 4. Spray 8- x 8-inch (20- x 20-cm) baking dish with canola oil spray. Pour mixture into baking dish and bake for 45 minutes or until golden brown.

Nutritional Analysis:

Calories 210 • Total Fat 7 g • Saturated Fat 0.5 g • Cholesterol 25 mg Carbohydrates 33 g • Fibre 3 g • Sugars 15 g • Protein 5 g Sodium 170 mg • Potassium 182 mg

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1	2	3	4	5 International Volunteer Day	6
7	8	9	10	11	12	13
14	15	16 Hanukkah begins	17	18	19	20
21 First day of winter	22	23	24 Christmas Eve Hanukkah ends	25 Christmas Day	26 Boxing Day Kwanzaa starts	27
28	29	30	31 New Year's Eve	November 2014 S M T W T F S 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29	January 2015 S M T W T F S 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31	anola info.org

It's not too late to make your 2013 donation!

Visit diabetes.ca/donate before December 31.



Not all Fats are Created Equally!

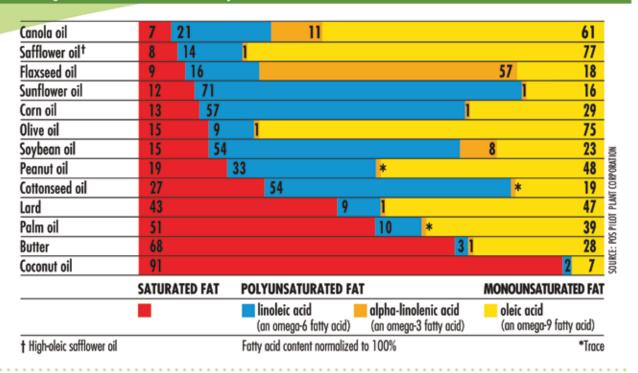
Everyone needs some fat in their diet for good health. Fat supplies energy, carries flavours and helps your body absorb fat-soluble vitamins like A, D, E, and K. But it's important to choose foods that provide unsaturated fat in place of those with saturated or trans fat to help reduce the risk of heart disease.

Get the Right Fats in Your Diet

Health professionals recommend to:

- Keep total daily fat intake between 20-35 percent of calories.
- Eat a small amount of unsaturated fats each day.
- Limit the amount of saturated and trans fats.

Comparison of Dietary Fats



Unsaturated fats are a type of fat found in foods. They can help lower LDL- and total blood cholesterol levels when used in place of saturated fat. Unsaturated fats tend to remain liquid at room temperature and are found in oils like canola oil, nuts, seeds and fish.

The two types of unsaturated fat are called **polyunsaturated fat** and **monounsaturated** fat.

Polyunsaturated fat from plant sources provides omega-3 and omega-6 **essential fatty acids** that the body can't make on its own.

Saturated fat is a type of fat that can raise LDL-cholesterol in the blood which is a risk factor for heart disease. Saturated fats tend to be solid at room temperature and are typically found in animal products and tropical oils.

Trans fats are formed when liquid oils are made into solid fats using a process called hydrogenation. They have been shown to not only increase LDL-cholesterol, but can reduce HDL-cholesterol, too, which may also increase the risk for heart disease.



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