

NUTRITION GUIDELINES FOR TYPE 2 DIABETES

MEAL PLANNING

The meal plan recommended for people who have diabetes follows the guidelines for all Canadians outlined in Canada's Food Guide to Healthy Eating.

Keep these suggestions in mind when you plan your daily food intake:

1. Choose from at least 3 of the 4 key food groups: STARCH, FRUITS & VEGETABLES, MILK and PROTEIN at each meal.
2. Enjoy a variety of foods from each food group each day.
3. Select portion sizes of food that will help you reach or maintain a healthy body weight. A 10 - 20 pound weight loss is often sufficient to improve your blood sugar level.
4. Eat 3 meals, including breakfast. Space your meals 4 to 6 hours apart, and add snacks as appropriate for your activity level and medication. A few snack ideas are: 6 soda crackers, 4 melba toast, 2 plain cookies, 1 toast with diet fruit spread, 3 cups popcorn without butter, 10 pretzels.
5. Include high fibre foods such as whole grain breads and cereals, vegetables, legumes and grains. Fresh fruits are better choices than juice.
6. Choose low fat milk products and protein choices. Prepare meals with little or no fat such as broiling, barbecuing, poaching, use of non-stick pans or vegetable oil coating sprays (e.g. Pam). Minimize the amount of margarine, butter and salad dressing you add to your food.
7. Discuss alcohol with your physician. It may be appropriate to have dry wine or distilled liquor with a sugar free mix on occasion.
8. Avoid foods containing large amounts of sugar. When you see a dietitian, you can discuss if a small amount of sugar may be used occasionally.

SIMPLIFIED DIET

IF YOU EAT:

CHOOSE INSTEAD:

Pre-sweetened cereals	Cherrios, Puffed Wheat or Rice, Shredded Wheat, hot cereal, other cereals with 4 grams of sugar or less
Cakes, pies, sweet cookies	Fresh fruit, frozen fruit in bags, canned fruit packed in fruit juice. On occasion pies, cakes, cookies and squares baked with sucralose (Splenda)
Donuts, commercial muffins	Plain cookies (arrowroots, social teas, digestive), bagels, English muffins, pita bread
Regular gelatin and puddings	Pudding, gelatin desserts or mousse mixes sweetened with aspartame (e.g. Jell-O Pudding Light)
Potato chips, peanuts	Microwave light popcorn, pretzels, crackers, melba toast, unsweetened corn or rice cakes
Soft drinks, fruit flavoured crystals (e.g. Tang, Kool-Aid), iced tea, lemonade, tonic water	Sugar free soft drinks (e.g. Diet Coke, Diet 7-UP, etc.), low calorie fruit flavoured crystals (e.g. Crystal Light, Sugar free Koolaid) tea, coffee, mineral water, soda water.
Chocolate milk, milkshake	Milk, light hot chocolate mixes (e.g. Carnation Hot Chocolate Lite)
Fruit flavoured yogurt	Fruit flavoured yogurt sweetened with aspartame (e.g. Silhouette, Fat-Free Sealtest).
White or brown sugar	Artificial sweeteners: aspartame (NutraSweet, Equal) sucralose (Splenda).
Honey, syrup, jam, marmalade	Jams and syrups with no sugar added or fruit spreads low in sugar (e.g. E.D. Smith's "No Sugar Added" Fruit Spread; Vachon's Double Fruit Ultra Light).
Candy, chocolate	Occasional use of low sugar candy or chewing gum is acceptable.
Ice cream and other frozen treats	Fudgsicle Light, Sugar Free Popsicles. Check the frozen dairy counter at your grocery store - many frozen treats are sweetened with aspartame and are acceptable. On occasion, a small scoop of ice cream/ice milk/frozen yogurt is acceptable.
Bologna, bacon	Ham, roast beef, chicken, turkey, back bacon.
Cheese (30% M.F.)	Lower fat cheeses (20% M.F. or less) - (e.g. Kraft Light Cheddar, Partly Skim Mozzarella)
Butter, mayonnaise, regular salad dressings	Non-hydrogenated margarines (e.g. Becel, Fleischmanns), lower-fat salad dressings (e.g. Miracle Whip Light, Calorie Wise Dressings).

Fruits and fruit juices contain natural sugars that may cause your blood sugar level to increase if consumed in large quantities.

IF YOU ARE VERY THIRSTY, AVOID LARGE QUANTITIES OF FRUIT JUICES. THEY MAY PROVIDE AS MUCH SUGAR AS THE EQUIVALENT AMOUNT OF A REGULAR SOFT DRINK! CHOOSE SUGAR FREE SOFT DRINKS, WATER, ETC.

When exercising, muscles pick up sugar more readily as they need more energy. Regular exercise is therefore very effective in lowering blood sugar. Exercise also helps promote weight loss.

Note: For some medical conditions, some types of exercises may be harmful. Consult your physician before starting a physical exercise program.

6500 kJ (1500 kcal) 53% carbohydrate, 21% protein, 26% fat

Starch Foods	2	1 slice whole wheat toast 1/2 cup cooked oatmeal
Fruits & Veg	1	1 small orange
Milk	1	1/2 cup 1% milk
Protein Foods	1	1 tbsp. peanut butter
Fats & Oils	1	already "hidden" in peanut butter
Extras		coffee sugar substitute 1 tbsp. natural bran on cereal

Starch Foods	2	1 small pita bread
Fruits & Veg	2	1 apple
Milk	1	1/2 cup 1% milk
Protein Foods	2	1/2 cup tuna or salmon
Fats & Oils	1	1 tsp. Mayonnaise
Extras		tossed salad and vinegar

Starch Foods	1	6 soda crackers
Extras		diet soft drink

Starch Foods	2	1/3 cup rice	2 plain cookies
Fruits & Veg	2	1/2 cup carrots	1 peach
Milk	1	1/2 cup 1% milk	
Protein Foods	3	3 ounces boneless chicken breast, baked	
Fats & Oils	1	1 tsp. Margarine	
Extras	1	broccoli, steamed with lemon garnish	Tea

Starch Foods	1	3 cups popcorn
Milk	1	1 serving calorie reduced hot chocolate
Fats & Oils	1	1 tsp. oil or margarine on popcorn

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