

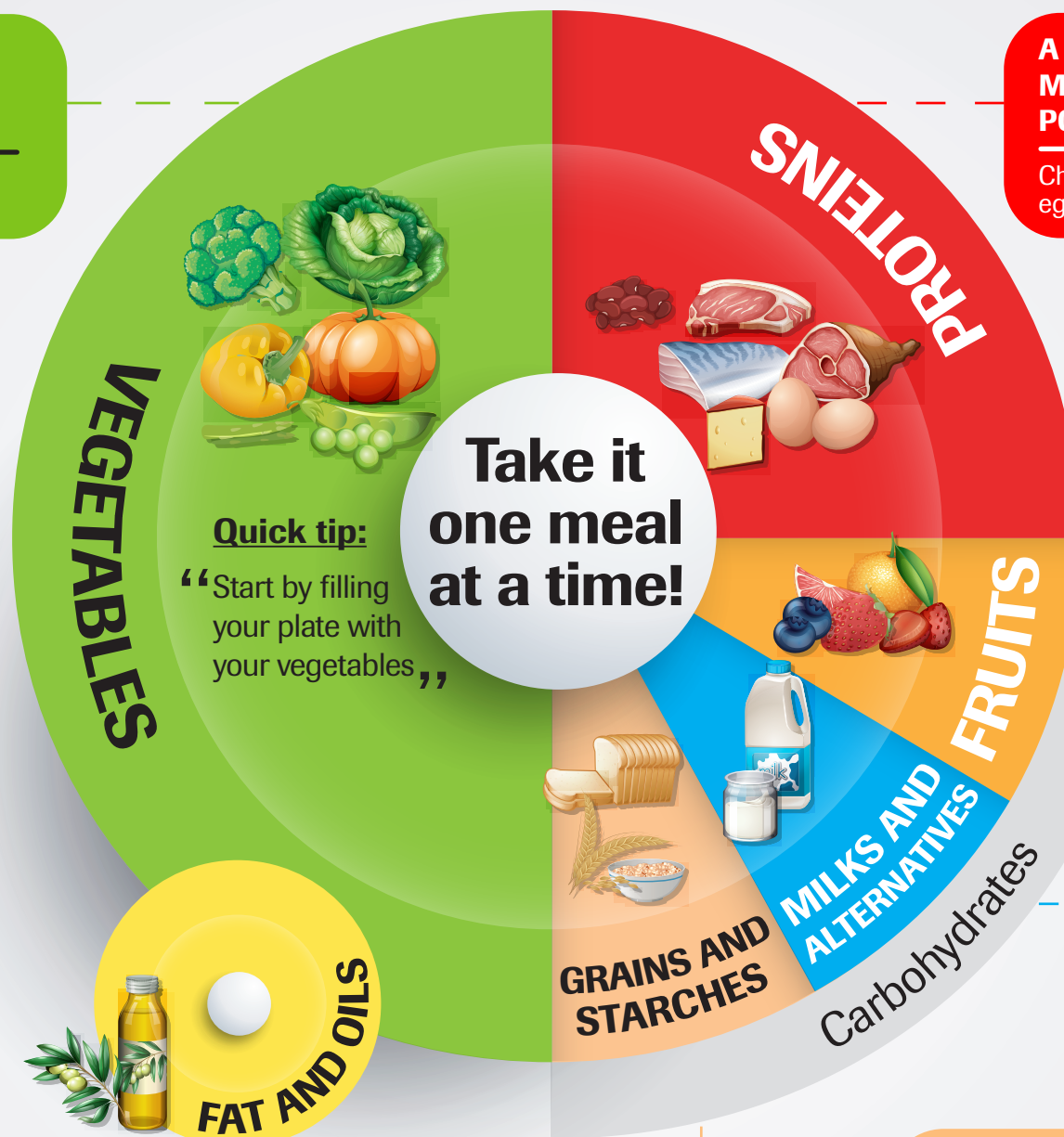


## TWO HANDFULS OF VEGETABLES OR SALAD

Choose dark green and orange more often

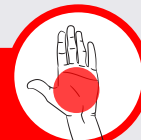
## THE BASICS

- Eat **3 meals a day** at **regular** hours, and space them out (4-6 hours between meals)
- Ensure **regular carbohydrate intake**
- Make sure to **include a variety of foods** in your diet (for both food categories and from meal to meal)
- Drink at least **6 glasses of water** per day
- Limit sugary foods (regular soft drinks, juices, desserts, candies, sweet condiments) in order to **better manage blood sugar**
- Try to cut down on foods that are high in fat (fried foods, chips, pastries) and salty foods to **keep your heart healthy**
- **Decrease your intake of processed foods** as much as possible



## A PALM SIZE OF MEAT/FISH OR POULTRY

Choose lean meats, poultry, fish, eggs, cheese, and beans



## A CUPPED-HANDFUL OF FRUITS

Choose a variety of colourful fruits



## A STANDARD CUP OF MILKS AND ALTERNATIVES

Choose low-fat dairy products



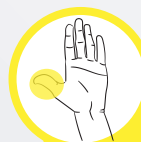
## A FIST SIZE OF POTATOES, BREAD, PASTA OR OTHER STARCHY CARBOHYDRATES

Choose more whole grains



## TOP OF YOUR THUMB SIZE OF OIL OR FAT SPREAD

Choose fats from nuts and vegetable oils



# Examples of standard portions

## VEGETABLES\*



- ▶ 1 cup raw leafy greens (spinach, romaine, kale, endive)
- ▶ 1/2 cup of 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, spinach, tomato, turnips, zucchini

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

## FRUITS



- ▶ 1 medium apple, orange or pear
- ▶ 1 small banana or grapefruit
- ▶ 2 medium kiwis, plums or clementines

- ▶ 1/2 medium mango
- ▶ 1 large peach or nectarine
- ▶ 2 cups strawberries, blackberries or raspberries
- ▶ 1 cup blueberries
- ▶ 1 cup melon

- ▶ 15 grapes or cherries
- ▶ 1/2 cup unsweetened applesauce or canned fruit in juice
- ▶ 1/2 cup unsweetened juice
- ▶ 1/4 cup dried fruit

## MILKS AND ALTERNATIVES



- ▶ 1 cup milk

- ▶ 1 cup soy beverage, plain
- ▶ 1/2 cup soy beverage, flavoured
- ▶ 4 tbsp powdered milk

- ▶ 1/2 cup evaporated milk
- ▶ 3/4 cup plain low-fat yogurt

## GRAINS AND STARCHES



- ▶ 1 slice whole grain bread
- ▶ 3/4 cup hot cereal
- ▶ 1/2 cup cold cereal
- ▶ 1/2 cup barley, bulgur, buckwheat, corn, wild rice

- ▶ 1/2 cup pasta, couscous
- ▶ 1/2 medium potato or 1/2 cup mashed potato
- ▶ 1/3 cup brown rice, white rice, millet
- ▶ 1/3 cup sweet potato
- ▶ 3 cups popcorn

- ▶ 1 (6 inch) whole wheat chapatti, roti, tortilla
- ▶ 1/2 (6 inch) pita bread
- ▶ 1/4 large bagel
- ▶ 1 (4 inch) pancake or waffle
- ▶ 1 (2 inch) small muffin

## FAT AND OILS



- ▶ 1 tsp margarine (non hydrogenated)
- ▶ 1 tsp oil; canola, olive or peanut

- ▶ 1 tbsp nuts or seeds
- ▶ 1 tbsp salad dressing, regular

- ▶ 1 tbsp mayonnaise, light
- ▶ 1 slice of bacon

## PROTEINS



- ▶ 1 ounce (30 g) lean meat, poultry or fish
- ▶ 1 large egg
- ▶ 1/4 cup canned fish
- ▶ 1/4 cup cottage cheese (1-2% MF)/1 ounce (30 g) cheese (<20% MF)
- ▶ 1/2 cup legumes (beans, peas, lentils)\*
- ▶ 1/2 block (85 g) tofu
- ▶ 2 tbsp peanut butter
- ▶ 1/3 cup hummus

\*Portions of more than 1/2 cup of beans and lentils will add 15 g of available carbohydrates (3 teaspoons of sugar) to your meal  
Measure after cooking

## TIPS AND TRICKS

- Be sure to include a **moderate portion of proteins** in your meals.
- **Freshness, quality, and variety of food is key**; the more colours on your plate, the better!
- Try to **switch it up** from meal to meal.
- **Sugar substitutes** are to be used in moderation.
- If you have **hypoglycemia**, make sure to always have sugary drinks handy (juice box, non-diet soda, sugar water, etc.).
- **Alcohol** can cause glycemic variations up to 24 hours after ingesting; be cautious. A maximum of 1-2 drinks/day is recommended.

*Every small step is a step in the right direction!*

Reminder  
1 portion of carbohydrate foods = 15 grams of carbohydrate  
(3 teaspoons of sugar)