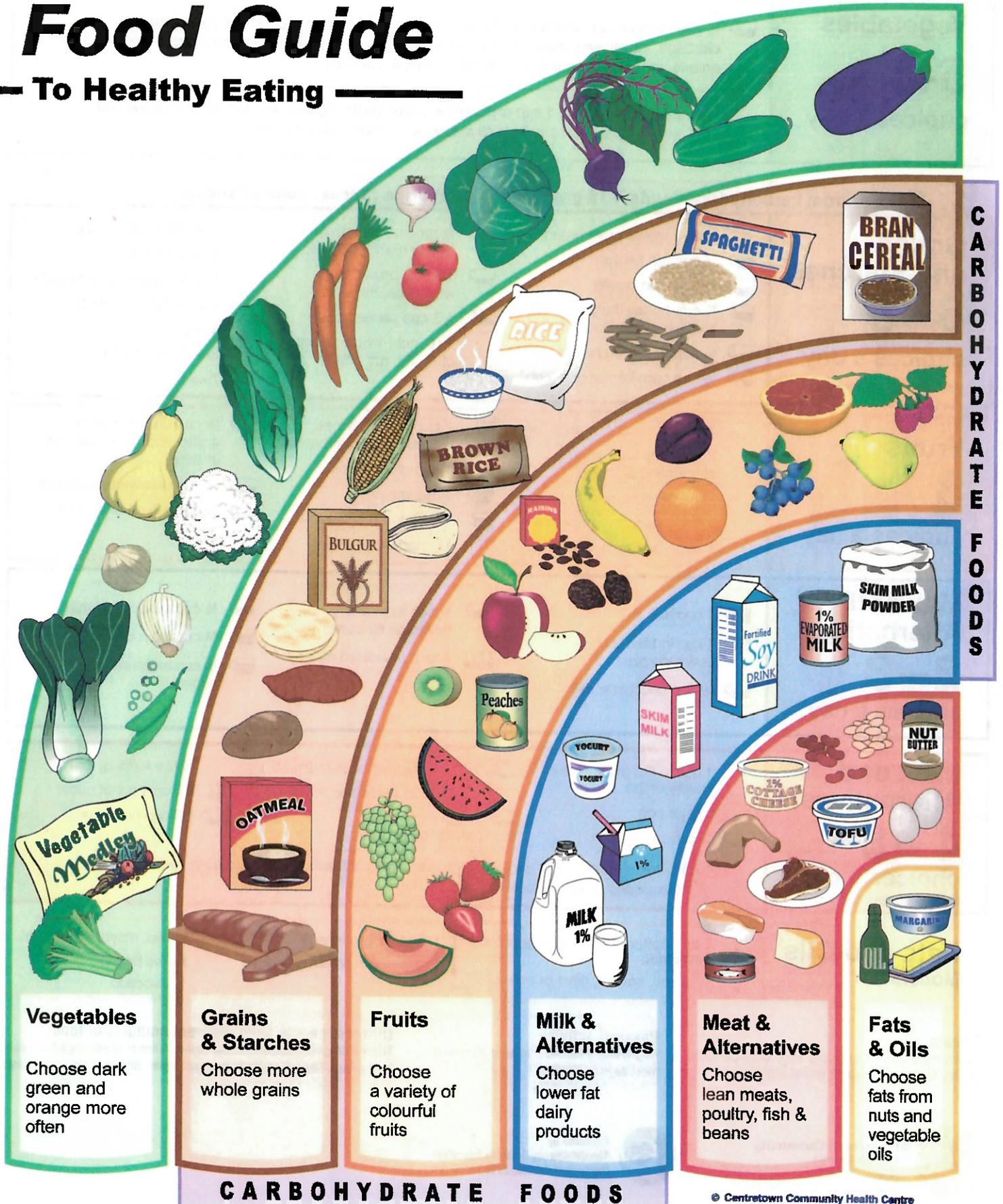


— The —  
**Diabetes**  
**Food Guide**  
 — To Healthy Eating —



# The Diabetes Food Guide

<b>Recommended Daily Food Choices</b>	<b>What is a choice?</b>
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<b>Vegetables</b> <b>5+</b> <b>choices a day</b>	<ul style="list-style-type: none"> <li> 1 cup raw leafy greens, or  ½ cup cooked (spinach, romaine, kale, endive, swiss chard)</li> <li> 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</li> </ul> <hr/> <p><i>* 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.</i></p>
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**1 choice from carbohydrate foods = 15 grams of carbohydrate (3 teaspoons of sugar)**

<b>Grains and Starches</b> <b>6–8</b> <b>choices a day</b> <small>Measure after cooking</small>	<ul style="list-style-type: none"> <li> 1 slice whole grain bread</li> <li> ¾ cup hot cereal</li> <li> ½ cup cold cereal</li> <li> ½ cup barley, bulgur, buckwheat, quinoa, wild rice</li> <li> ½ cup pasta, couscous</li> <li> ½ cup corn kernel or ½ cob</li> </ul>	<ul style="list-style-type: none"> <li> ½ medium potato or ½ cup mashed potato</li> <li> 1/3 cup brown rice, white rice, millet</li> <li> 1/3 cup sweet potato</li> <li> 1 (6 inch) whole wheat chapatti, roti, tortilla</li> </ul>	<ul style="list-style-type: none"> <li> ½ (6 inch) pita bread</li> <li> ¼ large bagel</li> <li> 1 (4 inch) pancake or waffle</li> <li> 1 (2 inch) small muffin</li> <li> 3 cups popcorn</li> <li> ½ english muffin</li> <li> 7 soda crackers</li> </ul>
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<b>Fruits</b> <b>3</b> <b>choices a day</b>	<ul style="list-style-type: none"> <li> 1 medium: apple, orange, pear</li> <li> 2 medium: kiwi, plums, clementine oranges</li> <li> ½ medium mango</li> <li> 1 small banana, grapefruit</li> <li> 1 large peach, nectarine</li> </ul>	<ul style="list-style-type: none"> <li> 2 cups strawberries, blackberries, raspberries</li> <li> 1 cup blueberries</li> <li> 1 cup melon</li> <li> ¾ cup fresh pineapple</li> <li> 15 grapes, cherries</li> </ul>	<ul style="list-style-type: none"> <li> ½ cup unsweetened applesauce, canned fruit in juice</li> <li> ½ cup unsweetened juice</li> <li> ¼ cup mixed dried fruit</li> </ul>
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<b>Milk and Alternatives</b> <b>2–3</b> <b>choices a day</b>	<ul style="list-style-type: none"> <li> 1 cup milk</li> <li> 1 cup fortified soy beverage plain</li> <li> ½ cup chocolate milk</li> </ul>	<ul style="list-style-type: none"> <li> ½ cup fortified soy beverage flavoured</li> <li> 4 tbsp powdered milk</li> </ul>	<ul style="list-style-type: none"> <li> ½ cup evaporated milk</li> <li> ¾ cup plain low fat yogurt</li> <li> ¾ cup artificially sweetened yogurt</li> </ul>
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<b>Meat and Alternatives</b> <b>4–8</b> <b>choices a day</b> <small>Measure after cooking</small>	<ul style="list-style-type: none"> <li> 1 ounce (30 g) lean meat, poultry or fish</li> <li> 1 large egg</li> <li> ¼ cup canned fish</li> </ul>	<ul style="list-style-type: none"> <li> ¼ cup cottage cheese (1-2% MF)</li> <li> 1 ounce (30 g) cheese (&lt;20% MF)</li> <li> ½ cup legumes (beans, peas, lentils)*</li> </ul>	<ul style="list-style-type: none"> <li> ½ block (85 g) tofu</li> <li> 2 tbsp. peanut butter</li> <li> 1/3 cup hummus</li> </ul>
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*\* portions of more than 1 cup of beans and lentils will add 15 g of available carbohydrate (3 teaspoons of sugar) to your meal.*

<b>Fats and Oils</b> <b>Moderation</b>	<ul style="list-style-type: none"> <li> 1 tsp. butter or non hydrogenated margarine</li> <li> 1 tsp. oil, canola, olive or peanut</li> </ul>	<ul style="list-style-type: none"> <li> 1 tbsp. nuts or seeds</li> <li> 1 tbsp. salad dressing, regular</li> </ul>	<ul style="list-style-type: none"> <li> 1 tbsp. mayonnaise, light</li> <li> 1 slice bacon</li> <li> ¼ avocado</li> </ul>
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**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.