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## Diabetes: What You Eat Matters

Diabetes is a serious disease and what you eat can help prevent and manage it.

*Eating Well with Canada's Food Guide – First Nations, Inuit and Métis* shows the types and amounts of foods to eat to get the nutrients your body needs. Following Canada's Food Guide will also help you lower your risk of obesity, type 2 diabetes, and heart disease.

### What are some tips for healthy eating?

- Choose a variety of foods from each of the four food groups
- Eat at least one dark green and one orange vegetable each day
- Have vegetables and fruit more often than juice
- Make at least half your grain products whole grain each day, for example, whole wheat bannock, bran cereal, and wild rice
- Drink 2 cups of skim, 1% or 2% milk or fortified soy beverage each day
- Choose lean meat, poultry and fish prepared with little or no fat or salt
- Try meat alternatives such as beans and lentils
- Use lower fat cooking methods such as grilling, boiling, stewing and baking
- Enjoy traditional foods such as wild meat and fish when you can
- Read the nutrition label at the grocery store to help you choose healthier foods

Limit foods and drinks which contain a lot of calories, fat, sugar or salt, such as:

- pop
- fruit flavoured drinks, sweet drinks made from powder, and sports and energy drinks
- candy, chocolate, ice cream and frozen desserts
- cakes, pastries, doughnuts and muffins
- granola bars and cookies
- french fries
- chips and other salty snacks
- alcohol

More information about healthy eating for diabetes is available in *Just the Basics* from the Canadian Diabetes Association at:

**[www.diabetes.ca/diabetes-and-you/nutrition/just-basics/](http://www.diabetes.ca/diabetes-and-you/nutrition/just-basics/)**

**To learn more about diabetes, visit your local health care provider, or go to: [www.health.gc.ca/ADI](http://www.health.gc.ca/ADI)**

**Check out the Health Canada website for more information on:**  
***Eating Well with Canada's Food Guide:* [www.health.gc.ca/foodguide](http://www.health.gc.ca/foodguide)**  
***Nutrition labelling:* [www.health.gc.ca/nutritionlabelling](http://www.health.gc.ca/nutritionlabelling)**

## Aboriginal *Diabetes* Initiative

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