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Diabetes: What You Eat Matters

Diabetes is a serious disease and what you eat can help prevent or manage it. Healthy eating means eating the type and amount of food recommended in *Eating Well with Canada's Food Guide - First Nations, Inuit and Métis*.

Following the recommendations in the Food Guide will help you get the nutrition your body needs. It will also help lower your risk of type 2 diabetes, heart disease or being overweight.

What are some steps to eating healthy?

- Choose a variety of different foods from the four food groups
- Eat at least one dark green and orange vegetable a day
- Choose grain products such as rice, cereal and bannock that have less fat, sugar and salt
- Drink at least 2 cups of milk or fortified soy beverage per day
- Try having beans or lentils in place of meat
- Choose wild meat and fish when possible

Less salt, less sugar and less fat

- Enjoy grilled, boiled, stewed or baked foods which are lower in fat
- Limit fried foods like french fries and fried bannock
- Limit energy and sports drinks, pop, fruit flavoured drinks and sweet drinks made from powder
- Limit cakes, pastries, doughnuts and muffins
- Limit snacks high in fat and salt like potato chips and nachos
- Limit salt added to foods at the table
- Limit processed meats such as salami, bologna, and wieners which are higher in fat and salt (sodium)

It's all on the label

Reading the label at the grocery store will help you choose healthier foods for you and your family. Choose foods lower in sugar, fat and salt (sodium) for healthier choices.

To learn more about diabetes, visit your local health care provider, or go to: www.healthcanada.gc.ca/ADI

Aboriginal *Diabetes* Initiative

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