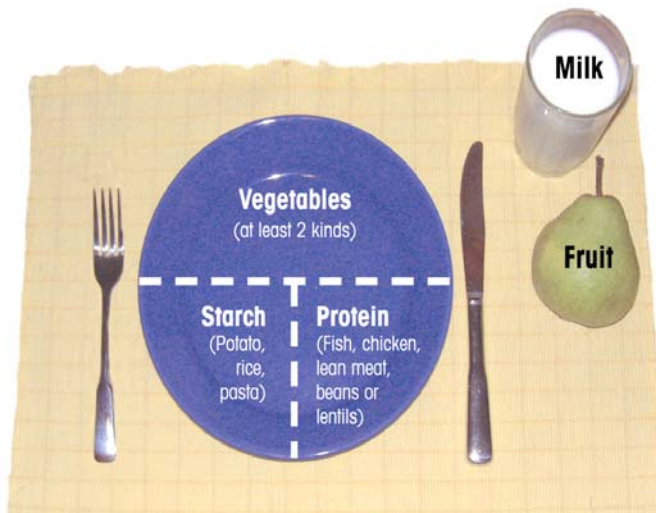


Diabetes: Getting Started



Healthy eating for diabetes

Here are some tips on healthy eating for diabetes until you talk with a registered dietitian.

- Eat three meals per day, four to six hours apart. See the place setting diagram and sample meal plan for portion sizes for your meals.
- Limit sweets such as sugar, regular pop, desserts, candies, jam and honey.
- Limit high fat choices such as fried foods, chips, pastries, cheese, butter, and margarine. Choose low fat dairy products.
- Choose high fibre foods such as whole grain breads and cereals, lentils, dried beans and peas, brown rice, fruits and vegetables.
- If you are thirsty, drink water.
- Be physically active every day.
- Vegetables, which are high in nutrients and low in calories, should take up half of your plate.
- Foods containing starch should take up one quarter of your plate. Choose whole grain breads, whole wheat roti, cereals, rice, noodles, or potatoes at every meal. Your body needs these foods for energy.
- Protein foods should take up one quarter of your plate. These include fish, lean meats or poultry, low

fat cheese, eggs, or vegetarian protein choices, such as tofu, dahl, lentils or beans.

- Have low fat milk or yogurt, and a small piece of fruit to complete your meal.
- Alcohol can affect blood glucose levels and contribute to weight gain. Talk to your health care professional about whether you can include alcohol in your meal plan and how much is safe.

Sample meal plan

Breakfast

Cereal, whole grain (*1/2 cup or 125 mL*)
Toast, whole grain (*1 or 2 slices*)
Peanut butter (*1-2 Tbsp or 15-30 mL*)
Fruit (*1 small*)
Milk (*1 cup or 250 mL*)
Tea, coffee or water

Lunch

Soup, if desired
Sandwich (whole grain bread or 6 inch pita with lean meat, chicken or fish)
Vegetable sticks
Yogurt (*1/2 cup or 125 mL*)
Margarine or butter (*1 tsp or 5 mL*)
Tea, coffee or water

Dinner

Lean meat, chicken or fish
Vegetables
Potato, rice or noodles
Green salad with dressing
Oil, margarine, or butter (*1 tsp or 5 mL*)
Milk (*1 cup or 250 mL*)
Tea, coffee or water
Fruit (*1 small*)

Between meal snacks (if needed)

Fruit (*1 small*) or low fat cheese with Melba toast (*4*) or milk (*1 cup or 250 mL*)

A Guide to Diabetes Services and Resources

What is diabetes?

Diabetes is a condition in which your body cannot properly store or use glucose for energy. Glucose is a form of sugar that your body needs. Glucose comes from foods such as fruit, milk, some vegetables, starchy foods and sugar. To control your blood glucose, it is important to eat healthy foods and be active. You may also need to take pills and/or insulin.

Dial-A-Dietitian

Dial-A-Dietitian provides nutrition and special diet information, advice and referral services. You may call and speak with a registered dietitian about healthy eating for diabetes between 9 a.m. and 5 p.m. Monday to Friday. For information, visit www.dialadietitian.org, or call.

In Greater Vancouver, call 604-732-9191
In BC, call toll-free 1-800-667-3438
Translation services are available in 130 languages

BC HealthGuide Program

This innovative, self-care program can help you and your family get health information and make better health decisions, in four easy ways:

- The **BC HealthGuide Handbook** has information on more than 190 topics, including diabetes. Call 1-800-465-4911 to request a free copy.
- **BC HealthGuide OnLine** has reliable, current information on 2,500 topics, including diabetes. Visit www.bchealthguide.org.
- **BC HealthFiles** are a series of one-page fact sheets on public health and safety topics, including common illnesses. Copies available at public health units or on-line at www.bchealthguide.org.
- **BC NurseLine** provides confidential health information, advice and referral services. You may call and speak to a registered nurse 24 hours a day, 7 days a week, or to a pharmacist between 5 p.m. and 9 a.m. every day.

Endorsed by:



In Greater Vancouver, call 604-215-4700
In BC, call toll free 1-866-215-4700
Deaf and hearing-impaired 1-866-889-4700
Translation services are available in 130 languages
Pharmacist available 5 p.m. to 9 a.m. daily

Diabetes Education Centres (DECs)

Your family doctor should refer you to your local DEC as soon as possible following diagnosis. DECs have courses and information to help you manage your diabetes.

Canadian Diabetes Association (CDA)

The Canadian Diabetes Association is a key supporter of diabetes research, education, service and advocacy, with branches throughout British Columbia. Although the CDA community branches do not provide direct health care, they do provide information, referrals, resources, and a reference and lending library. For more information, visit www.diabetes.ca, or call:

In Greater Vancouver call 604-732-1331
In BC, call toll-free 1-800-665-6526

The Diabetes Team

In addition to your doctor, other health professionals may help you care for and manage diabetes. Your doctor will provide a referral if necessary.

The diabetes team may include:

- Diabetes nurse
- Dietitian
- Diabetes doctor (endocrinologist)
- Eye doctor (ophthalmologist)
- Foot doctor (podiatrist)
- Heart doctor (cardiologist)
- Community health nurse
- Pharmacist
- Physiotherapist
- Social worker

