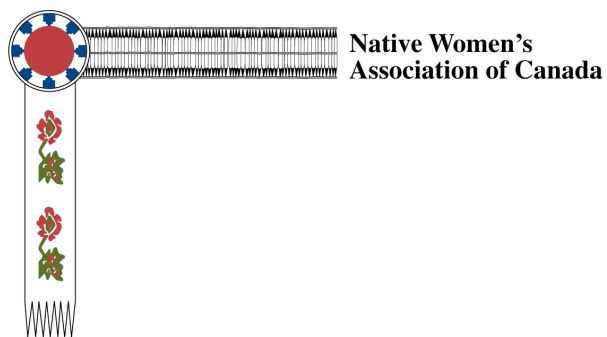
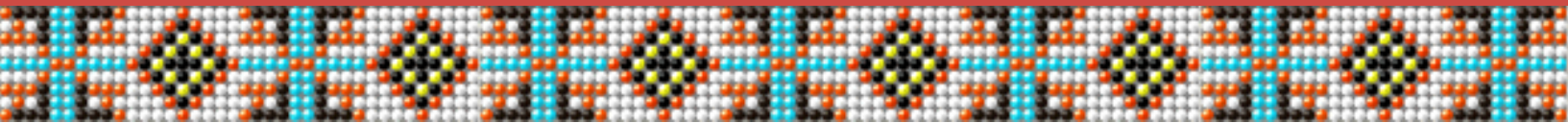


Native Women's Association of Canada

*Diabetes Self-Management Toolkit  
for Aboriginal Women*

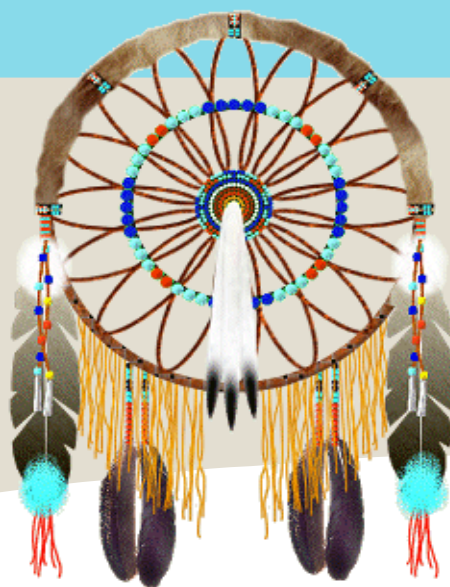
# Diabetes in the Kitchen





# Diabetes Friendly Kitchen

*Whether you have diabetes or not, this booklet has been developed to assist you in the family kitchen.*



This wonderful resource booklet is jam packed with plenty of useful information along with plenty of hints and tips to make your kitchen a diabetes friendly kitchen!

## What is a Diabetes Friendly Kitchen?

The answer is simple. A diabetes friendly kitchen is one that responds to the unique dietary needs of a person with diabetes or a family looking towards preventing diabetes. This means a kitchen that offers healthy food choices and a kitchen that offers solutions to enable healthy food choices.

Within these pages you'll find practical information on how to create a diabetes friendly kitchen. Learn about using the plate method, portion sizing and nutrition facts. Learn about meal planning and tips on grocery shopping, and so much more!

On the positive front, it may be that we already know how to select healthy meals, but often times we experience barriers or challenges.

These can range from:

- the wide variety of foods available in restaurants and fast food places,
- to having a busy schedule that limits on the time you have to shop for and prepare healthy meals,
- to mixed messages on what constitutes a healthy food choice,
- to the simple fact that food is available at all hours of the day for people to consume!



## Examples of Good Healthy Food Choices:

### Yogurt

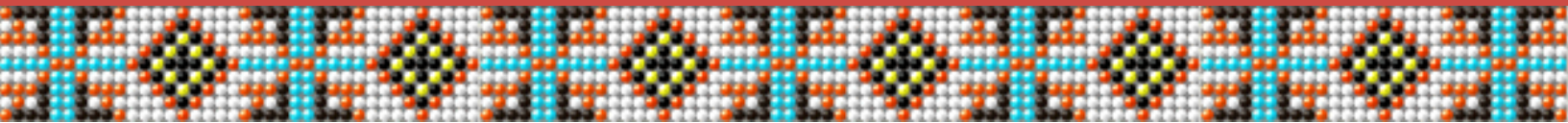
Yogurt is an excellent source of calcium, and contains healthful bacteria that help support our immune system

### Broccoli

Broccoli is a nutrient powerhouse containing vitamin C, fiber, folic acid and antioxidants which may prevent cancer.

### Oats

Oats lower cholesterol and blood pressure, and are a great source of fiber and protein.



# Canada's Food Guide

***The Canada's Food Guide is an excellent resource in healthy food choices and meal planning.***

Creating a diabetes friendly kitchen takes just a little thought and some action to implement! Our first step in this process is the Canada's Food Guide. "Eating well with the Canada's Food Guide" contains invaluable information on choosing food, food choices at for various age groups, as well as how to use the food guide. Order your free copy today by calling this toll-free number: 1-800-926-9105.

This Guide is also available online at:  
[www.hc-sc.gc.ca/fn-an/food-guide-aliment/index-eng.php](http://www.hc-sc.gc.ca/fn-an/food-guide-aliment/index-eng.php)

As you may have noticed, the photo on the upper right hand side is the "Eating well with Canada's Food Guide: First Nations, Inuit and Métis". This guide is very similar to the general guide, except that it reflects the traditions and food choices of the Aboriginal people of Canada. Inside you'll notice that both traditional foods and common store-bought are used to illustrate healthy food choices.

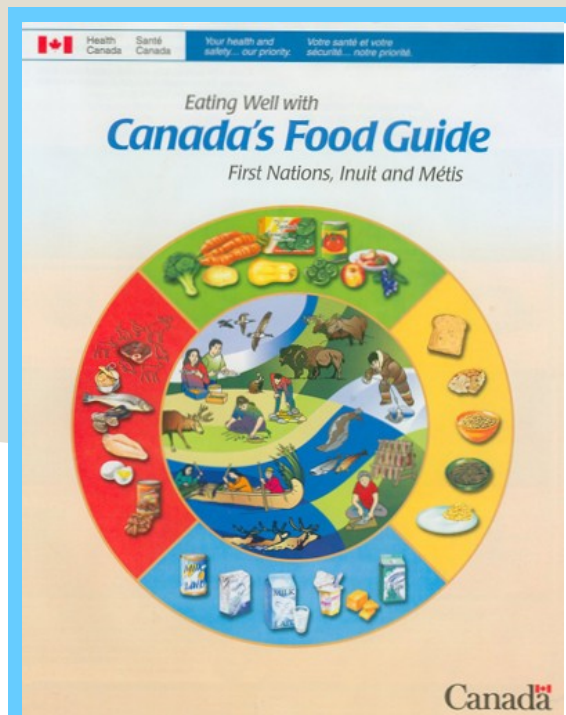
This guide is available in several languages: English, French, Inuktitut, Ojibwe, Plains Cree and Woods Cree. It is also available on request on diskette, large print, audio-cassette and Braille.

For more information, interactive tools or additional copies visit Canada's Food Guide at: [www.healthcanada.gc.ca/foodguide](http://www.healthcanada.gc.ca/foodguide)

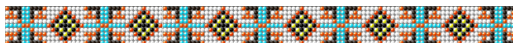
Or:

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Ottawa, Ontario K1A 0K9

E-mail: [publications@hc-sc.gc.ca](mailto:publications@hc-sc.gc.ca)  
TTY: 1-800-267-1245



## ***Eating well with Canada's Food Guide: First Nations, Inuit and Métis***

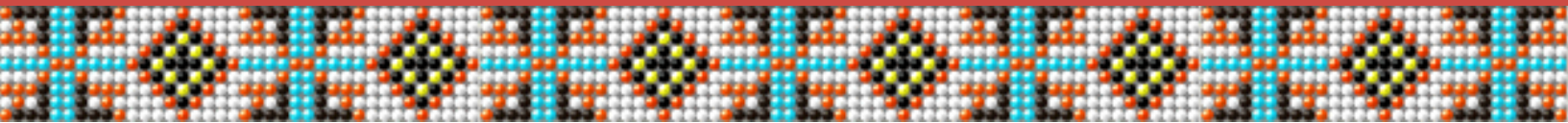


### **More Examples of Good Healthy Food Choices:**

**Blueberries**  
Blueberries are rich in antioxidants that help slow or prevent the development of cancer and cardiovascular disease.

**Legumes**  
In addition to being an excellent source of fiber and vitamin B, legumes help stabilize blood sugar levels and lessen the risk of cancer and heart disease.

**Salmon**  
Salmon contains omega-3 fatty acids, which reduce the risk of heart attack and stroke.



## The Plate Method

***Selecting healthy foods is one thing, another is serving those healthy foods in portions that make those healthy foods, good healthy food choices.***

We all know how to “plate our food”, don’t we? Perhaps not! All too often we fill our plates without thought to the amount of food we plan to consume, many times we take the approach “that more food is better”. The “Plate Method” shown here demonstrates a more healthy approach to serving food in healthy proportions.

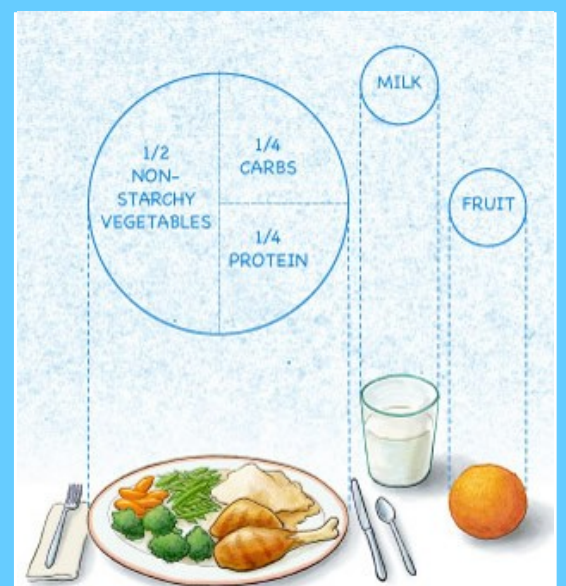
The “Plate Method” is one of the best methods to achieve a healthy diet and control portion sizes. The plate method simply divides the plate by protein, carbohydrates and non-starchy vegetables, as shown in the diagram.

When eating your next meal, compare your plate to the plate method. Chances are, if you are like most people, you will see a large piece of meat, rice or potatoes, and a small side of vegetable. This type of meal increases insulin resistance, lipid levels, and your weight! It also makes it difficult for your body to control its blood sugar levels, and increases your risk of diabetes complications.

The plate method will help you spread carbohydrate throughout the day, which will help keep your blood sugar level within your target range.

The plate method will reshape your meals, making them higher in fiber and lower in saturated fat, cholesterol, and carbohydrates.

Try the plate method today, it is an easy first step towards eating smaller portions and dietary control. An added benefit is weight loss - without dieting!



### **The Plate Method:**

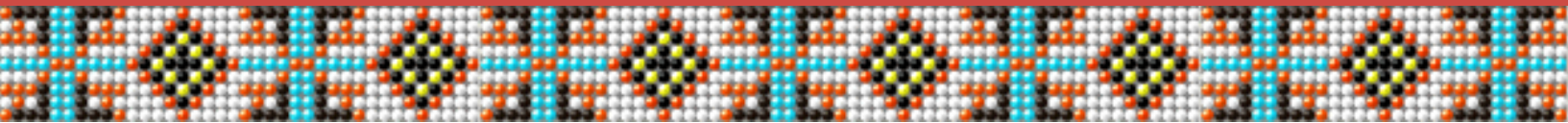
**1/4 Protein  
1/4 Carbohydrates  
1/2 Non-Starchy Vegetables**

**Along with a serving of fruit and beverage.**

**A plate format is an easy and simple way to plan meals.**

### **How To Plate:**

- **½ or more of the plate has some vegetables, excluding potatoes and corn**
- **¼ or less fish, lean poultry, lean cuts of red meat, meat substitute, or nuts/seeds**
- **¼ legumes, whole grains, fruits, or low-fat dairy.**
- **Tip: Instead of using the regular 12” plate, use a 9” plate**



## Portion Control

*One of the most challenging things is portion control when serving meals for yourself, family and friends.*

Using the plate method is an excellent way to control your portion sizes, but if you are like many people, understanding “portion size” can be confusing.

Exactly, what does a 1/4 cup of wild rice look like? What about 3 ounces of a Moose steak? Do I use my fist to measure my Moose steak, or is it the palm of my hand? These types of questions can challenge us at the best of times and lead to frustration at the worst of times. To help you, the images on the right hand side should serve as a handy visual aid.

The top picture, is one that does not use the Plate Method and makes no attempt at controlling portion size. While the young child in the picture enjoyed every minute of this watermelon-eating experience, he only consumed a small portion. This image is not meant to be duplicated at home.

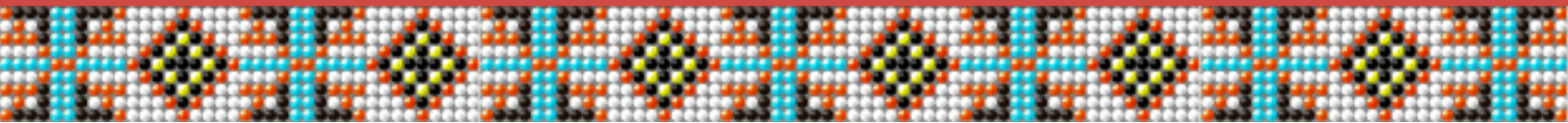
The images in green and blue provide the answers to the many questions you many have when it comes down to judging portion size.

When it comes down to measuring portions, your hand is the best measuring tool. But if you need to think it terms of actual items you’ll find the images in blue most useful.

Regardless of what method you prefer to use in controlling your plate portions, the most important thing to make note of is that you are controlling your plate portions. Combined with good food choices, you are on your way to a healthier you!



<b>1 Cup =</b>		<b>Baseball</b>
<b>3/4 Cup =</b>		<b>Tennis Ball</b>
<b>1/2 Cup =</b>		<b>Computer Mouse</b>
<b>1/4 Cup =</b>		<b>Egg</b>
<b>3 Oz. =</b>		<b>Deck of Cards</b>
<b>2 Teaspoons =</b>		<b>Ping-Pong Ball</b>



# Nutrition Facts

*Checking the label of your food purchases for nutrition facts is a must in selecting foods for your family table.*

Getting the “best value” for your food dollar means more than just how much it costs to feed yourself and your family. The focus of “best value” should also include the nutritional value of foods you buy and serve to your family.

If you or someone in your family has diabetes, knowing the nutrition facts of the foods you purchase becomes important. In fact paying attention to the nutrition facts of food in general is important to the overall health of yourself and your family.

Nutrition labeling refers to the nutrition information that is found in the “Nutrition Facts” panel on food labels. It has been mandatory for most pre-packaged foods since December 2005. The goal of nutrition labeling is to help Canadians make more informed food choices, and enable consumers to compare products more easily. The food label must list the total amount of calories and 13 different nutrients.

**Nutrition Facts**

Serving Size 1 slice (47g)  
Servings Per Container 6

**Amount Per Serving**


**Calories 160**    Calories from Fat 90

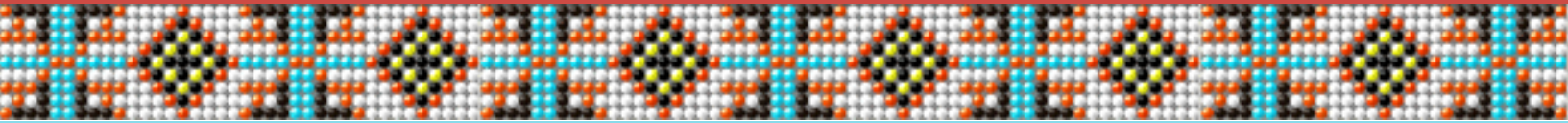
	% Daily Value*
<b>Total Fat 10g</b>	15%
Saturated Fat 2.5g	11%
Trans Fat 2g	
<b>Cholesterol 0mg</b>	0%
<b>Sodium 300mg</b>	12%
<b>Total Carb 15g</b>	5%
Dietary Fiber less than 1g	3%
Sugars 1g	
<b>Protein 3g</b>	
Vitamin A 0%	Vitamin C 4%
Calcium 45%	Iron 0%
Thiamin 8%	Riboflavin 0%
Niacin 0%	

\*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

Above is a sample of the nutrition label that you will find on most grocery items. Start with the “serving size” which may be greater or less than the amount you consume. When calculating calorie intake remember to pay attention to the serving size. Try to limit total fat, cholesterol and sodium, while getting more dietary fiber and vitamins.

The chart below will help you to figure out what is a lot and what is a little.

Guide to Food Labeling	A lot	A little
	10 g of added sugar	2g of added sugar
	20g of fat	3g of fat
	5g of saturates	1g of saturates
	3g of fiber	0.5g of fiber
	1.25g of salt	0.25g of salt
	0.5g of sodium	0.1g of sodium



## Glucose (Sugar)

***Our body's primary source of energy takes the form of glucose. A common disease related to the bodies irregular management of glucose is diabetes.***

Understanding nutrition facts can help us manage and prevent diabetes by controlling the amount of sugars we consume.

We get most of our glucose from digesting sugar and starch in carbohydrates. When glucose levels in the bloodstream aren't properly regulated, diabetes can develop. Foods like rice, pasta, grain, potatoes, fruits, a few vegetables, and processed sweets qualify as carbohydrates. Our digestive system breaks down the starch and sugar in these foods into glucose. This energy then gets absorbed through the small intestine into the bloodstream where it meets with insulin which is excreted by the pancreas. Together they enter cells in muscles and the brain, allowing glucose to power your day to day activities.

Keeping glucose within a normal range is important since it is such a vital form of energy and interacts with both our digestive and endocrine system. Our body regulates this level by storing extra glucose as glycogen in the liver where it can be reabsorbed when our levels drop. It can also speed or slow the release of insulin. This natural balancing act can be disrupted by our food consumption.

Excessively high glucose levels might be due to too much sugar or too little insulin. Excessively low glucose levels might be due to too little food or variable insulin excretion. This imbalance can lead to diabetes or complications arising from diabetes. Refer to your Health Care Professional on how best to manage blood glucose (sugar) levels and control diabetes.



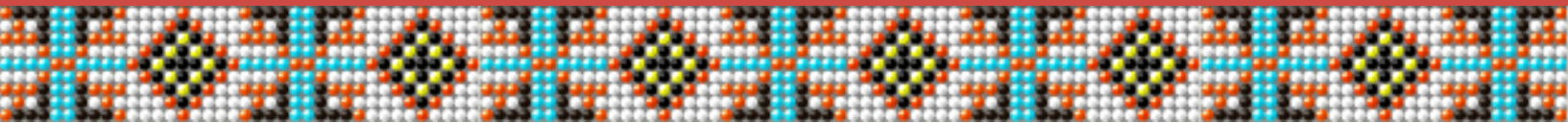
Sugars can be found in three different places on the food label -- in the Nutrition Facts Table, in the Ingredient list, and in a "nutrient content claim" if a specific claim about sugars content is made.

Sugars refer to all types of sugars naturally present and added to foods.

Examples of naturally occurring sugars include sucrose, glucose and fructose in vegetables and fruits, and lactose in milk.

Some of the sugars added to foods include sucrose (table sugar), glucose/fructose, honey and syrups.

Regardless of its source, each of these sugars is chemically similar, and has the same effects on health.



# Meal Plan 101!

***For a person with diabetes, a meal plan is an important tool to maintain good health and to control your diabetes. Include your family in meal planning and promote life long healthy eating habits.***

Included in this Toolkit is a simple and easy to use weekly meal planner and grocery shopping list that can be photocopied and shared with family and friends.

**Always consult with your health care professional or registered dietitian on creating a meal plan suitable for you.**

Before beginning a meal plan its good to determine the calorie intake keeping in mind differences in body shape and activity level. In general, a nutrition plan for a person with diabetes includes: 10 to 20% of calories from protein, no more than 30% of calories from fats, and the remaining 50 to 60% from carbohydrates. The following table shows meal plans by calorie count along with general recommended amounts. An example of how to use the meal plan by calorie is shown on the following page.

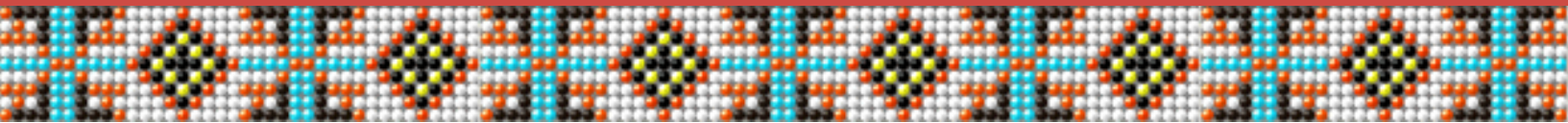


**Benefits of Meal Planning**

- Controlled blood sugar/ insulin
- Reduction and/or elimination of medications
- Weight management
- Controlled cholesterol and triglyceride levels
- Controlled blood pressure
- Less likely to skip meals
- Proper portions
- Less frustration about what to eat
- Better control over grocery purchases and budget

Meal Plan A: 1200 - 1600 Calories	Meal Plan B: 1600 - 2000 Calories	Meal Plan C: 2000 - 2400 Calories
<p>This meal plan is suitable for a small woman who exercises, a small or medium woman who wants to lose weight, and a medium woman who does not exercise much.</p> <p>Choose this many servings from these food groups:</p> <ul style="list-style-type: none"> <li>• 6 starches</li> <li>• 2 milk and yogurt</li> <li>• 3 vegetables</li> <li>• 2 meat or meat substitute</li> <li>• 2 fruit</li> <li>• Up to 3 fats</li> </ul>	<p>This meal plan is suitable for a large woman who wants to lose weight, a small man at a healthy weight, a medium man who does not exercise much or a medium to large man who wants to lose weight.</p> <p>Choose this many servings from these food groups:</p> <ul style="list-style-type: none"> <li>• 8 starches</li> <li>• 2 milk and yogurt</li> <li>• 4 vegetables</li> <li>• 2 meat or meat substitute</li> <li>• 3 fruit</li> <li>• Up to 4 fats</li> </ul>	<p>This meal plan is perfect for if you are a medium/large man who does a lot of exercise or has a physically active job, a large man at a healthy weight or a large woman who exercises a lot or has a physically active job.</p> <p>Choose this many servings from these food groups:</p> <ul style="list-style-type: none"> <li>• 11 starches</li> <li>• 2 milk and yogurt</li> <li>• 4 vegetables</li> <li>• 2 meat or meat substitute</li> <li>• 3 fruit</li> <li>• Up to 5 fats</li> </ul>





## Meal plans will help you eat better and can help you eliminate fast foods from your diet.

### Creating Your Meal Plan

Always consult with your health care professional or registered dietician if you are diabetic or have any health care concerns or issues.

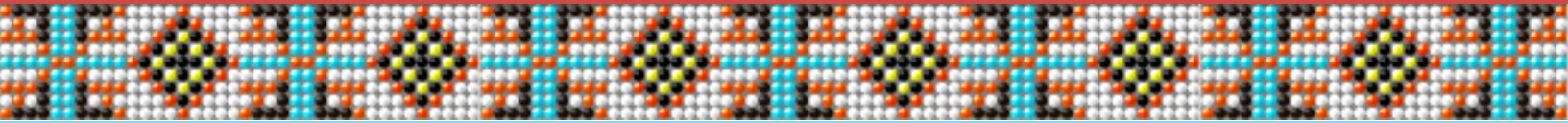
Plan your weekly meal plan with your family members, taking into account taste preferences, healthy snack options and any allergies. Remember to be creative while selecting your serving choices, watch your portion sizes and use the plate method.

The chart below demonstrates the three meal plans for each calorie intake range using a simple menu for each. Note that for this simple menu, added servings are indicated in green as the calorie intake increases with each meal plan. To assist you, the final column provides examples of serving sizes.

### Meal Plan Hints & Tips!

- Eat lots of vegetables and fruits.
- Choose whole grain foods over processed grain products.
- Include dried beans (like kidney or pinto beans) and lentils into your diabetic diet meal.
- Include fish in your meals 2-3 times a week.
- Choose lean meats like cuts of beef and pork that end in "loin" such as pork loin and sirloin.
- Choose non-fat dairy such as skim milk, non-fat yogurt and non-fat cheese.
- Choose water and calorie-free "diet" drinks instead of regular sugar-sweetened drinks.
- Choose liquid oils for cooking instead of solid fats that can be high in saturated and trans fats.
- Eating too much of even healthful foods can lead to weight gain. Watch your portion sizes.

	Breakfast	Lunch	Dinner	Snacks (s)	Water	Serving Sizes
<b>Meal Plan A</b> 1200-1600 calories	1/2 c. bran cereal 1 c. milk Blueberries	2 slices whole wheat bread with sliced cucumbers, tomatoes and lettuce, and 1 tbs low fat mayonnaise 1/2 c Bean salad	2 oz Salmon Spinach salad with sliced strawberries and 2 tbs dressing 1 small whole wheat dinner roll	Low fat yogurt Small muffin	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	1 Starch = 1/2 cup rice, cereal, beans, 1 slice bread, a small bagel or muffin
<b>Meal Plan B</b> 1600-2000 calories	1/2 c. bran cereal 1 c. milk Blueberries Small bagel with 1 tbs peanut butter	2 slices whole wheat bread with sliced cucumbers, tomatoes and lettuce, 1 oz chicken and 1 tbs low fat mayonnaise 1/2 Bean salad 1 apple	2 oz Salmon Spinach salad with sliced strawberries, whole wheat croutons and 2 tbs dressing 1 small whole wheat dinner roll	Low fat yogurt Small muffin 1/2 c wild rice pilaf	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	1 Fruit = medium size (tennis ball size), 1/2 cup juice, 15 grapes 1 Vegetable = 1/2 cup cooked, 1 cup raw
<b>Meal Plan C</b> 2000-2400 calories	1 c. bran cereal 1 c. milk Blueberries Small bagel with 2 tbs peanut butter	2 slices whole wheat bread with sliced cucumbers, tomatoes and lettuce, 1 oz chicken and 1 tbs low fat mayonnaise 1/2 c Bean salad 1 apple	2 oz Salmon Spinach salad with sliced strawberries, whole wheat croutons and 2 tbs dressing 1 small whole wheat dinner roll Mixed bean medley	Low fat yogurt Small muffin 1 c wild rice pilaf with 1/2 c steamed carrots	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	1 Meat = 1 ounce is a serving (aim for 2 or 3 ounces per meal) 1 Dairy = 1 cup of milk or yogurt 1 Fat = 1 tbs peanut butter, tsp butter, 1 tbs salad dressing



# Shopping On A Budget

*Planning your meals keeps you one step ahead of diabetes, and keeps you on top of your monthly grocery shopping budget.*

After careful thought into selecting healthy food choices and preparing a well-balanced meal plan the next step is normally the local grocery store.

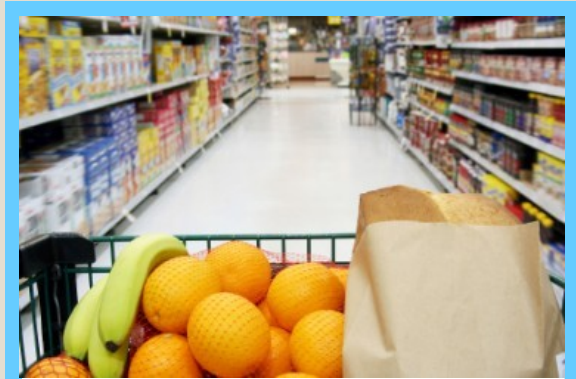
But first, review your meal plan and don't forget to check your cupboards and freezer for meal ideas or to take stock on the various ingredients you will be needing. Use what you have before you replace it.

Plan your meals on what is already in the house and what is on sale at your local store and only buy what you need. Resist the urge to stock-pile because the cupboard looks too bare. Make a shopping list and stick to it. Don't give in to the flashy end displays and impulse shopping, this piece of advice takes us to our next topic, and that is your grocery shopping budget.

## Shopping On A Budget

Budgeting for food is more than just a numbers game. It involves how we cook, how we eat, how we live, and for some it can even be an emotional issue, where certain foods fall into the category of "I can't live without...". Therefore, the start of any food budget is the willingness to examine habits; how you eat, cook, shop, plan, etc.. and have a solutions to make changes if needed.

Now focus on the numbers. How much do you have? How much can you afford to spend on food? And even, what would be wise to spend? Look at what you have been spending. Add up the grocery costs since the beginning of the year and divide this by the months that have passed and that will let you know how much you have been spending.



## Shopping Hints & Tips!

Read the Nutrition Facts panel on food products, but don't obsess about reading them all at one time. Choose a few items on your list each week to compare and make the wisest choice.

Enlist older children to be label lookers and help you find the smartest choice of a product. This not only makes your job easier, it teaches them lifelong skills they'll need to manage their weight.

If you do buy processed foods, read labels and choose those that have less fat, sugar, and calories. These types of foods often have added fats and sugars, which will tip your calorie-balance scale in the wrong direction.

### Sample Grocery Budget Calculator

January	\$275.00
February	\$310.00
March	<u>\$360.00</u>
Total	\$945.00

Total 945 Divided by 3 = 315.00

I spend on average \$315.00 on groceries every Month.

# Grocery Shopping

***Many people shop without thought to meal plans, nutrition and budgets. This can lead to unhealthy meal choices and over-spending.***

## **From Meal Plan to Shopping List**

After knowing what your food budget is, prepare your weekly meal plan, keep nutrition in mind and make sure to include an abundance of low cost basic foods. Remember that the quality of food does not always have to be sacrificed for cost.

Think about what a “low cost basic foods” means, and remember that anything packaged in a box and ready to go is not a ‘low cost basic food’. Focus on basic low cost food such as dried beans, legumes, brown rice, oats, wheat (or flour), meat, vegetables, and fruits and cook from scratch. Remember that there was a time in life when everyone had basic foods in the cupboard and had to cook from scratch. It was a way of life. Not only are these types of food nutritious, but often times are also the best value for your money.

Now that you have prepared a meal plan and have carefully constructed your grocery shopping list, it’s time to go shopping!

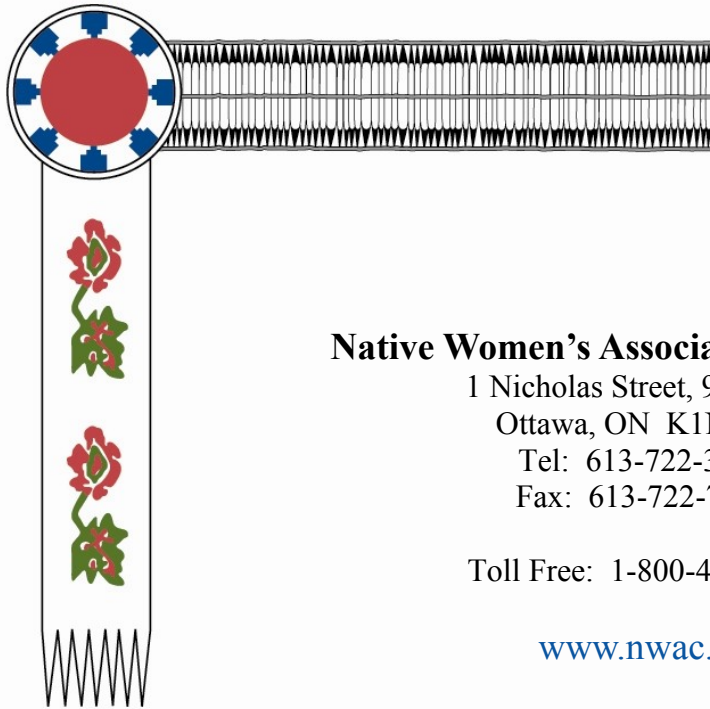
## **Shopping For Groceries Is As Easy as 1 2 3!**

1. Take your shopping list and stick to it
2. Shop the perimeter of the store first. Fill your cart with foods low in calories and brimming with nutrients, such as fresh vegetables and fruits, nonfat dairy foods, lean meats, and whole-grain bakery goods low in added fat and sugar.
3. Shop the interior aisles of the grocery store with care. Stick to wholesome foods such as rice, pasta, beans, and peanut butter. Avoid processed foods in packages and boxes, such as cookies, chips, packaged snacks, soft drinks, and most convenience foods.



## **Shopping Hints & Tips!**

- Make a grocery list before you go shopping; it will get you out of the store faster and prevent you from spending money on things you don't need.
- Take advantage of sales! Check out the weekly grocery store ads before you go shopping and stock up on items that can be stored. Canned goods, pasta and grains have long shelf lives; poultry and meat freeze well.
- Look for family packs whenever possible, as the price per pound is much lower, and it's very easy to repackage
- Coupons do count! A few dollars per week adds up to real savings over the course of a year.
- Be conscious of shopping for food that is in season. When you shop for vegetables, only buy what is in season and the lowest cost
- Follow the basic rule of shopping: If your family won't eat it, don't buy it -- at any price! Even at rock-bottom prices, these products are no bargain if nobody likes them.
- Try to go to the grocery store only once a week. Your meal plan will help you get what you need in one trip and avoid repeat trips.
- Don't go to the grocery store hungry. You'll be less likely to buy impulsively.



## **Native Women's Association of Canada**

### **Native Women's Association of Canada**

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Toll Free: 1-800-461-4043

[www.nwac.ca](http://www.nwac.ca)

### **IMPORTANT NOTICE**

**This toolkit was designed to supplement information and resources related to diabetes prevention, awareness and management. It was not designed to replace the valuable insight, care and treatment provided by your Health Care Professional.**

**Always consult your Health Care Professional**