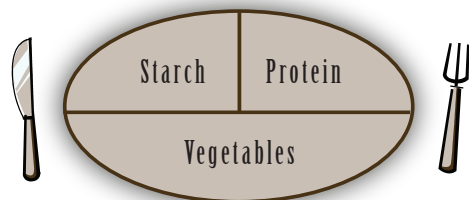


Plate Method Portion Control



Starch Foods

1 Potato, 1 Cup of Rice,
Pasta, Barley or 1 Slice of Bread

Protein Foods

Fish, Chicken, LEAN MEAT, Beans, Lentils

Vegetables

1/2 cup cooked and/or 1 cup salad

Try 2 different colours of vegetables for variety.

Tips to Remember

- "Break the Fast" - Breakfast is the MOST IMPORTANT MEAL of the day for EVERYONE!
- Use fresh meat, fruit, vegetables often for meal preparation.
- Eat smaller portions more regularly throughout the day, and healthy snacks, especially in the evening.
- All cured, canned & processed foods have lots of hidden fat, sugar & salt - use these less often.
- Teaching healthy eating habits to children, beginning at an early age helps prevent their chances of developing Type2 Diabetes

The Bear

The Bear feasts all summer and fall, while the food is plentiful. As his body gets fatter this will sustain him as he hibernates in his cave throughout the winter. When he wakes up in the early spring, his body will be very thin - he will have lost all of his "winter fat" and he will also be very hungry. Our brother, the Bear represents the unique GIFT that the Aboriginal People are thought to have. This is the innate ability to have a slow rate Metabolism and to store calories in order to ensure survival in times of scarce food supply.



Contact Us

HEAD OFFICE

1-888-514-1370
www.soadi.ca

EMAIL programdirector@soadi.ca
EMAIL footcare@soadi.ca

CENTRAL REGION

EMAIL central@soadi.ca

WEST CENTRAL REGION

EMAIL westcentral@soadi.ca

WESTERN REGION

EMAIL western@soadi.ca

EASTERN REGION

EMAIL eastern@soadi.ca

URBAN HORSESHOE REGION

EMAIL urbanhorseshoe@soadi.ca

TORONTO REGION

EMAIL toronto@soadi.ca

The information in this pamphlet is for information only.
The Southern Ontario Aboriginal Diabetes Initiative
suggests contacting a health care professional.

NUTRITION & DIABETES IN THE ABORIGINAL COMMUNITY



BEAR



A S.O.A.D.I.
Information Publication

Healthy food that is good for everyone is also good for People Living with Diabetes

Balance

Balance: We need to learn which are the best foods and drinks for our bodies so that we can balance our intake of food in order to have good Blood Sugar control. Drinking water is very important to help our body to function properly and maintain a healthy balance.

A balanced meal consists of four food groups, serving amounts vary by age and gender

Grains: 3-8 servings daily

Fruits and Vegetables: 4-10 servings daily

Milk and Alternatives: 2-4 servings daily

Meat and Alternatives: 1-3 servings daily

Drinking water is very important to help our body to function properly and maintain a healthy balance.

Diabetic Diet: There is no such thing.

Almost everything that we eat or drink is turned into sugar (Glucose). This is the fuel / energy that our brain and our body need.



Grains

These foods raise blood sugar quicker than the other foods, but they are an important part of a healthy diet. It is best to choose whole grain breads, cereals, pastas and rice.

Fruit and Vegetables

Many vegetables contain the fibre we need. High fibre food are digested more slowly, allowing the sugar to be released into the blood gradually.

This slow release of sugar helps the body maintain a healthy balance.

Meat & Alternatives

Protein is part of a healthy diet. One serving of meat equals the size of the palm of your hand. Limit to 3 servings per day. Choose lean cuts of beef, pork and chicken. Fish is an excellent source of protein and healthy fats. Alternatives to meat are beans, lentils and legumes, are also a high source of fibre and iron.

Fats

Our bodies need fat to stay healthy. We need a source of "Healthy or Good" fats such as olive oil, canola oil, sunflower oil. Limit or avoid "Unhealthy or bad" fats such as shortening, lard, hydrogenated margarines and butter.

Water

Water is also very important for our body. Our body is approximately 70-80% water. We need to keep our water intake at a consistent level so that our body cells can work properly. Many times we can easily mistake the sensation of low water levels in our body for "hunger". To stay well hydrated drink plenty of water and low calorie fluids throughout the day.

Milk & Alternatives

Milk is a very important part of a Healthy Diet, however, the naturally occurring sugar in milk (called lactose) can raise blood sugar levels, so drink small amounts with meals. To reduce the amount of fat from dairy drink 1% or skim milk and choose low fat cheese, yogurt, sour cream, etc.

The Original Fast Food

Wild Game such as Deer, Moose, Buffalo and FISH are the best type of Naturally LOW FAT / LEAN MEAT that we can eat.