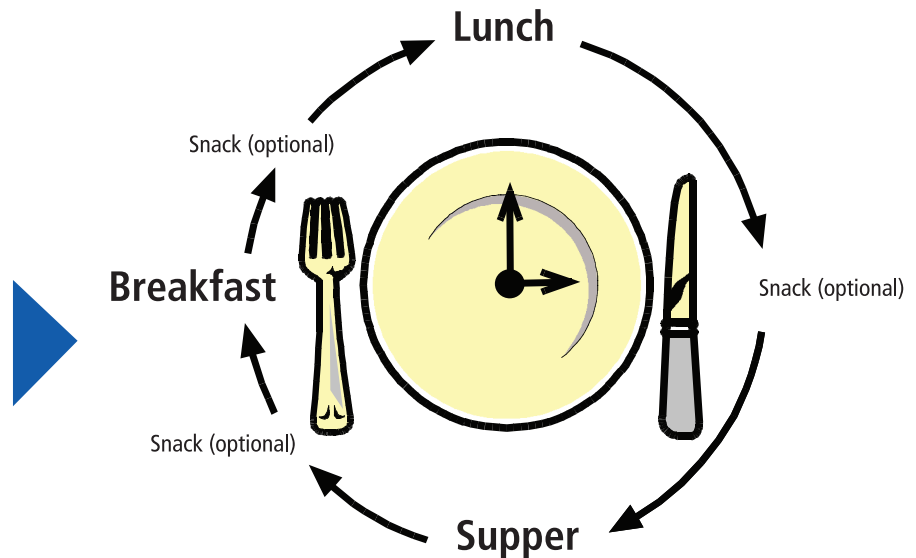


# Meal Planning



## When to eat?

- Eating regular meals (every 6 hours) helps to keep blood glucose on target
- It's OK to have a healthy snack in between meals or before bedtime if you are hungry
- Some healthy snacks are:
  - cheese & crackers
  - fruit
  - 1/2 a bag of low-fat popcorn
  - yogurt
  - 1/2 a peanut butter sandwich with a glass of milk

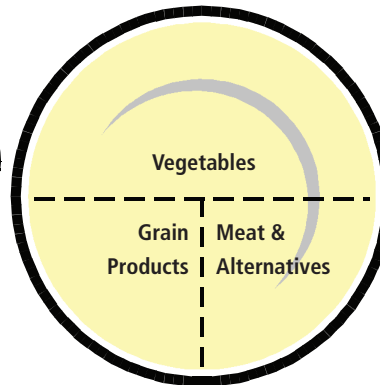


## How much to eat?

- Eating small portions will help control your blood glucose
- Eating balanced meals will help you feel full and satisfied
- Eating small portions will help lower your chances of weight gain
- See handout #4 for more information

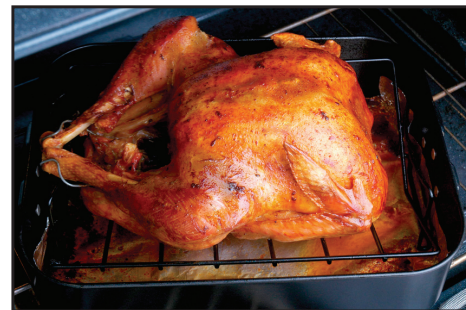


Fruit

Milk/Soy Beverage/  
Lactose-free Milk

## Healthier cooking practices

- Barbeque, bake, broil, steam or poach foods
- Trim extra white fat off meats like beef & pork before cooking
- Remove skin from birds before or after cooking
- Use liquid oils like canola oil, instead of hard fats like lard, shortening and butter



### Tip:

Use a rack to let the fat drip away while cooking any type of meat or bird

blood glucose = blood sugar



## What should I eat?

A dietitian is the best person to answer this question. Here are a few easy tips to get you started.

	<h3>Eat from each food group</h3>	<ul style="list-style-type: none"> <li>• Use Canada's Food Guide to Healthy Eating to help learn more about food groups</li> <li>• Eating a mixture of foods from each group helps your body be the best it can be</li> <li>• Frozen, fresh or canned vegetables &amp; fruits are high in nutrients and low in fat and sugars</li> </ul>
	<h3>Lower fat intake</h3>	<ul style="list-style-type: none"> <li>• For a healthy heart &amp; weight, limit saturated and trans fats, usually found in chips &amp; fried foods</li> <li>• Choose lean meat like cuts of beef &amp; pork that end in "loin" or "round" (eg. pork loin and eye of round steak)</li> <li>• Being overweight increases your risk of diabetes and heart disease</li> </ul>
	<h3>Limit alcohol, salt &amp; caffeine intake</h3>	<ul style="list-style-type: none"> <li>• Watch the salt! Too much salt in chips, soups or sauces can increase blood pressure!</li> <li>• Caffeine (from coffee, tea, pop) takes water out of the body, along with important nutrients like calcium for strong bones</li> <li>• Alcoholic beverages have a lot of sugar in them, one bottle of beer has as many calories as a can of pop</li> </ul>
	<h3>Eat more fibre</h3>	<ul style="list-style-type: none"> <li>• High fiber foods like bannock made from oats and whole grain cereals can help to reduce cholesterol and keep blood glucose on target</li> <li>• Try adding oats to meatloaf, meatballs or as a coating for french toast</li> <li>• Fiber helps keep your tummy healthy and keep away certain types of cancers</li> </ul>
	<h3>Limit sugar intake</h3>	<ul style="list-style-type: none"> <li>• Always pick water or milk first</li> <li>• Drinks that contain a lot of sugar include iced tea, any drink crystals, cocktails &amp; alcoholic beverages</li> <li>• 100% pure fruit juice can fit into a balanced diet. Remember: 1 serving = 1/2 Cup or 125 ml</li> <li>• Too much sugar (pop, candy and chocolate) can cause blood sugars to rise quickly</li> </ul>
	<h3>Eat traditional/country foods more often</h3>	<ul style="list-style-type: none"> <li>• Traditional or country foods contain many healthy nutrients that feed your body and soul</li> </ul>