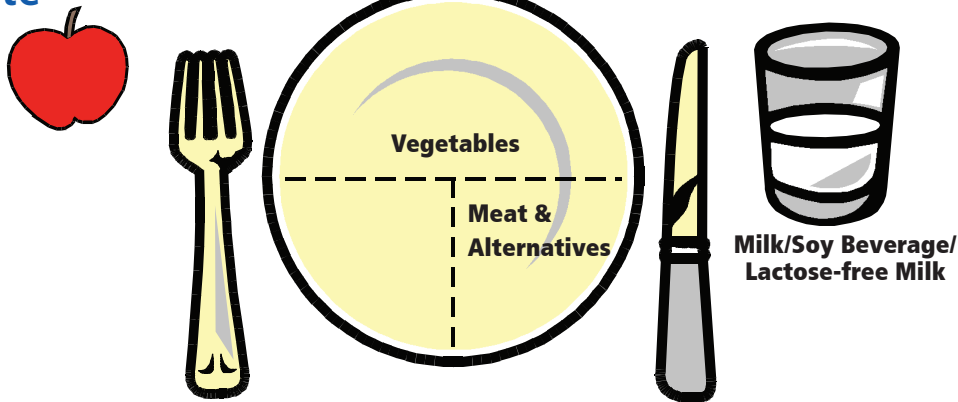


Learning about food portions



A healthy plate



Check out the Canadian Diabetes Association "Beyond the Basics" for more information on serving sizes.

Fats (Optional)

- This includes butter, oils, margarine, salad dressings & mayonnaise
- Watch how much fat you eat. Use the tip of your thumb as a guide for 1 serving (15 ml)
- Try to limit fats to 2-3 servings a day

Vegetables

- Try to fill half of your plate with vegetables, the brighter the colour, the better! Aim to have at least one dark green and one orange vegetable a day
- One serving size is as much as you can hold with both hands!

Meat & Alternatives

- This should fill 1/4 of your plate
- Try to have wild/country meat often
- Try to eat local or store-bought fish at least 2 times a week
- Trim white fat off meats before cooking
- One serving is about the size of the palm of your hand, and the thickness of a deck of cards

Fruits & Berries

- Add a piece of fruit and you've got a healthy, balanced meal
- Try unsweetened applesauce & frozen berries too!
- Choose to eat fruit more often than drinking juice

Grain Products

- This should cover 1/4 of your plate
- Choose whole grain foods everyday like 100% whole wheat bread
- One serving is about the size of a closed fist or one slice of bread

These foods contain carbohydrates (sugar)

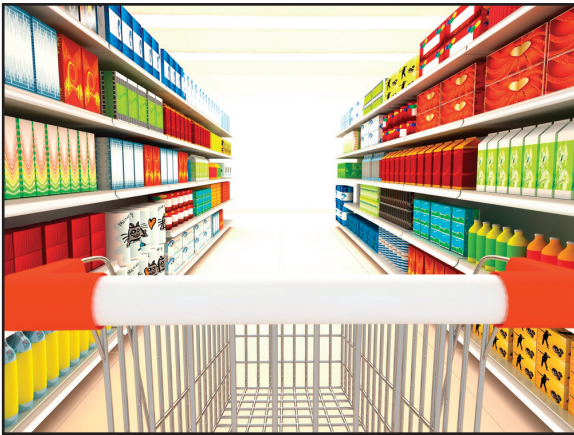
Milk & Alternatives

- Have a glass of low fat milk with your meal for strong bones & teeth
- Try to pick lower fat alternatives like yogurt & low fat cheese (MF 20% or less)
- One serving of milk = 1 cup (250 ml)
- One serving of cheese is the size of your thumbs put together

blood glucose = blood sugar

Learning about food groups

Pick food from each colour of the food guide at your grocery store



Include traditional/country foods more often

Eat traditional foods alone or with store foods for balanced meals like moose or caribou stew

