

EATING FOR DIABETES

OUTLINE

Nutrition

- Carbohydrates, Sugar & Other nutrients
- Balanced meals
- Alcohol
- Reading labels
- Portion sizes

TRUE OR
FALSE?

Now that I have diabetes,
I have to eat a perfect diet.

No carbs, no fat, no salt and
especially no sugar.
Food will never be fun again.

FALSE!

Truth: Carbohydrate (sugar) is part of a healthy diet.

- Choose healthy sources of carbohydrate most of the time
- It is okay (and healthy) to eat sweet treats sometimes

Avoid “all or nothing” thinking

WHAT CAN I EAT?

DIABETES NUTRITION

- Healthy eating for diabetes is simply that: healthy eating!
 - No foods are “off limits”
- How much of a difference can healthy eating make? A LOT!
 - Decreases 10 year risk of **diabetes complications by at least 30%**
 - **Can lower A1c by 1-2%**
 - Balanced eating is more powerful than any medication

**TAKE HOME POINT:
YOUR OVERALL DIET PATTERN IS WHAT MATTERS MOST**



Nutrients

Carbohydrate



**Increases
blood glucose**

Protein



Fat



No increase in blood glucose

Carbohydrates

Sugar

(Naturally-Occurring
and Added Sugars)



Increase blood glucose

Starch



Increase blood glucose

Fibre



**No increase
in blood glucose**

CARBOHYDRATES (CARBS)

- Provide energy for the body
- Carbohydrate = sugar



QUALITY OF SUGAR

Naturally Occurring

- ↑ Nutrients (usually)
- ↑ Fibre
- ↑ Vitamins & Minerals



Added Sugars

- ↓ Nutrients
- ↑ Calories



LIMIT SIMPLE SUGARS (EVEN NATURALLY-OCCURRING)

- Honey, maple syrup, raw sugar = the same as white sugar
- Fresh or frozen fruit = healthy *but* fruit juice = high sugar



HOW MUCH SUGAR CAN I EAT?

For “added” or “simple” sugars

- 20-40 g per day
- Consider the nutritional quality = fibre + natural or added sugars?
- Small amounts of sugar throughout the day are better than all at once
- Discuss with a Registered Dietitian

FIBRE

- Not digested = no sugar
- Stabilizes blood glucose
- Lowers blood cholesterol
- Makes you feel full
- Need = 25-35 grams/day



FAT

- Does not turn to sugar
- Helps absorb nutrients from food
- Stabilizes blood glucose
- Makes you feel full
- Quality matters!
- Attend *Eating For Heart Health* class for more detail



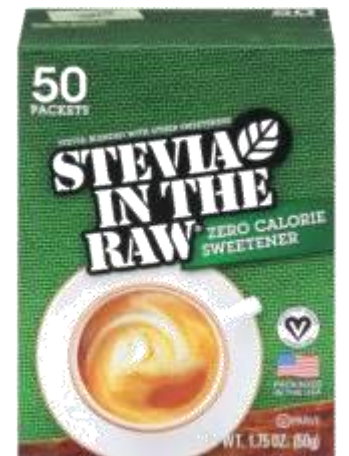
POLL QUESTION

Is it better to eat real sugar
– or –
artificial sweetener?

SUGAR VS. ARTIFICIAL SWEETENER

Truth: The choice is yours

- Safe and approved by Health Canada for use in foods
- Artificial sweeteners do not raise blood glucose
- Many options available



**BALANCED
MEALS:**

**HEALTHY PLATE
METHOD**











90 low-carb meals
to mix & match

STARCH OR GRAIN

PROTEIN

NONSTARCHY VEGGIES

A Better Homes and Gardens Book

MEAL TIMING AND FREQUENCY

- 3 meals per day
- Snacks are optional

Eating regularly:

- Keeps blood glucose stable
- Helps portion control

ALCOHOL: MAXIMUM RECOMMENDED INTAKE

- Men: 2-3 drinks per day (total 15 per week)
- Women: 1-2 drinks per day (total 10 per week)
- When moderation may be too much
 - Avoid alcohol most of the time if you have fatty liver or high triglycerides



CAUTION

Alcohol can cause
delayed low blood sugar
(hypoglycemia)

LABEL READING



Nutrition Facts / Valeur nutritive

Per 1 cup (47 g) / Par 1 tasse (47 g)

Amount/ Teneur	Cereal / Céréales	With 1/2 cup skim milk / Avec 1/2 tasse de lait écrémé
Calories / Calories	160	210
	% Daily Value** / % valeur quotidienne**	
Fat / Lipides 1 g*	2%	2%
Saturated / Saturés 0.2 g	1%	2%
+ Trans / Trans 0 g		
Cholesterol / Cholestérol 0 mg	0%	1%
Sodium / Sodium 0 mg	0%	2%
Potassium / Potassium 190 mg	5%	11%
Carbohydrate / Glucides 38 g	13%	15%
Fibre / Fibres 6 g	24%	24%
Sugars / Sucres 0 g		
Protein / Protéines 5 g		
Vitamin A / Vitamine A	0%	8%
Vitamin C / Vitamine C	0%	0%
Calcium / Calcium	2%	15%
Iron / Fer	10%	10%
Vitamin D / Vitamine D	0%	25%
Thiamin / Thiamine	8%	10%
Riboflavin / Riboflavine	4%	20%
Niacin / Niacine	15%	20%
Folate / Folate	4%	6%
Vitamin B12 / Vitamine B12	0%	35%
Pantothenate / Pantothénate	6%	15%
Phosphorus / Phosphore	15%	25%
Magnesium / Magnésium	20%	25%
Zinc / Zinc	15%	20%

* Amount in 47 g cereal / Teneur dans 47 g de céréales

Carbohydrates

Sugar

(Naturally-Occurring
and Added Sugars)



Increase blood glucose

Starch



Increase blood glucose

Fibre



**No increase
in blood glucose**

LABEL READING

1) Look at the serving size
Compare to your actual intake

2) Look at the total grams of carbohydrate
per serving

Includes:

- **Fibre,**
- **Sugar,** and
- **Starch** (but starch is not always displayed on the label)

Nutrition Facts / Valeur nu

Per 1 cup (47 g) / Par 1 tasse (47 g)

Amount / Teneur		Cereal / Céréales
Calories / Calories		160
		% Daily Value** / % v
Fat / Lipides 1 g*		2%
Saturated / Saturés 0.2 g		1%
+ Trans / Trans 0 g		
Cholesterol / Cholestérol 0 mg		0%
Sodium / Sodium 0 mg		0%
Carbohydrate / Glucides 38 g		13%
Sugars / Sucres 0 g		
Protein / Protéines 5 g		
Vitamin A / Vitamine A		0%
Vitamin C / Vitamine C		0%
Calcium / Calcium		2%
Iron / Fer		10%
Vitamin D / Vitamine D		0%
Thiamin / Thiamine		8%
Riboflavin / Riboflavine		4%
Niacin / Niacine		15%
Folate / Folate		4%
Vitamin B12 / Vitamine B12		0%
Pantothenate / Pantothénate		6%
Phosphorus / Phosphore		15%
Magnesium / Magnésium		20%
Zinc / Zinc		15%

* Amount in 47 g cereal / Teneur dans 47 g de céréales

LABEL READING

Nutrition Facts / Valeur nu	
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% Daily Value** / % v	
Fat / Lipides 1 g*	2%
Saturated / Saturés 0.2 g	1%
+ Trans / Trans 0 g	
Cholesterol / Cholestérol 0 mg	0%
Sodium / Sodium 0 mg	0%
Carbohydrate / Glucides 38 g	13%
Fibre / Fibres 6 g	24%
Sugars / Sucres 0 g	
Protein / Protéines 7 g	14%
Vitamin A / Vitamine A	0%
Vitamin C / Vitamine C	0%
Calcium / Calcium	2%
Iron / Fer	10%
Vitamin D / Vitamine D	0%
Thiamin / Thiamine	8%
Riboflavin / Riboflavine	4%
Niacin / Niacine	15%
Folate / Folate	4%
Vitamin B12 / Vitamine B12	0%
Pantothenate / Pantothénate	6%
Phosphorus / Phosphore	15%
Magnesium / Magnésium	20%
Zinc / Zinc	15%

* Amount in 47 g cereal / Teneur dans 47 g de céréales

3) Subtract the fibre
(Does not raise blood sugar)

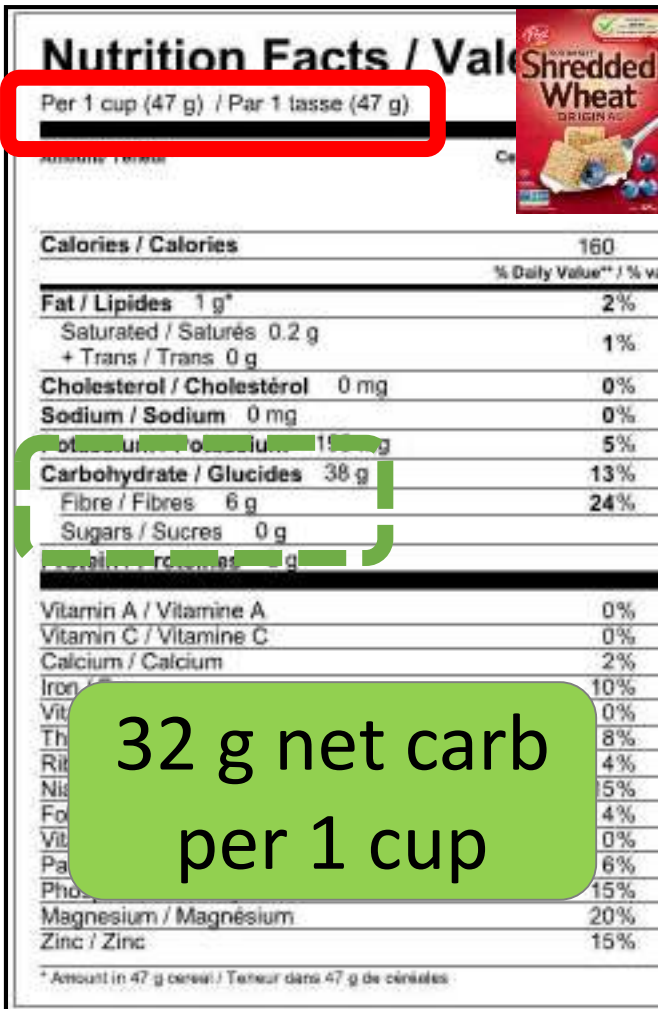
38 g carbohydrate per serving
- 6 g fibre

32 g net carbohydrate
(sugar + starch)

COMPARING FOODS



COMPARING FOODS

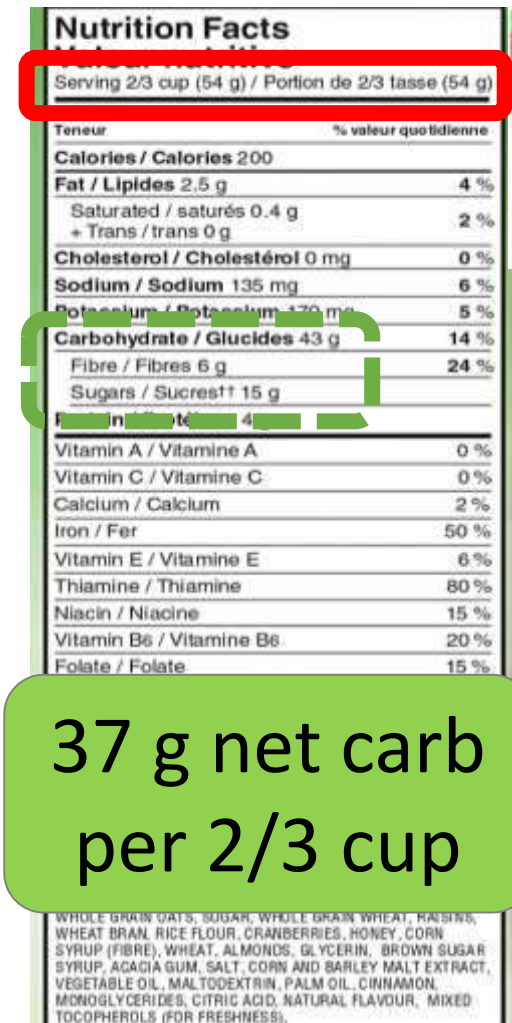


Nutrition Facts / Valeurs nutritives
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Calories / Calories	160	% Daily Value** / % v.
Fat / Lipides 1 g*	2%	
Saturated / Saturés 0.2 g	1%	
+ Trans / Trans 0 g		
Cholesterol / Cholestérol 0 mg	0%	
Sodium / Sodium 0 mg	0%	
Potassium / Potassium 15 mg	5%	
Carbohydrate / Glucides 38 g	13%	
Fibre / Fibres 6 g	24%	
Sugars / Sucres 0 g		
Total Protein / Protéines 6 g		
Vitamin A / Vitamine A	0%	
Vitamin C / Vitamine C	0%	
Calcium / Calcium	2%	
Iron / Fer	10%	
Vitamin E / Vitamine E	0%	
Thiamine / Thiamine	8%	
Riboflavin / Riboflavine	4%	
Niacin / Niacine	15%	
Folate / Folate	4%	
Vitamin B6 / Vitamine B6	0%	
Panthenol / Panthéol	6%	
Phosphorus / Phosphore	15%	
Magnesium / Magnésium	20%	
Zinc / Zinc	15%	

* Amount in 47 g cereal / Teneur dans 47 g de céréales

32 g net carb
per 1 cup



Nutrition Facts
 Serving 2/3 cup (54 g) / Portion de 2/3 tasse (54 g)

Teneur	% valeur quotidienne
Calories / Calories 200	
Fat / Lipides 2.5 g	4%
Saturated / saturés 0.4 g	2%
+ Trans / trans 0 g	
Cholesterol / Cholestérol 0 mg	0%
Sodium / Sodium 135 mg	6%
Potassium / Potassium 170 mg	5%
Carbohydrate / Glucides 43 g	14%
Fibre / Fibres 6 g	24%
Sugars / Sucres†† 15 g	
Protein / Protéines 4 g	
Vitamin A / Vitamine A	0%
Vitamin C / Vitamine C	0%
Calcium / Calcium	2%
Iron / Fer	50%
Vitamin E / Vitamine E	6%
Thiamine / Thiamine	80%
Niacin / Niacine	15%
Vitamin B6 / Vitamine B6	20%
Folate / Folate	15%

†† SUGAR ALCOHOLS ARE INCLUDED IN THIS AMOUNT.

WHOLE GRAIN OATS, SUGAR, WHOLE GRAIN WHEAT, RAISINS, WHEAT BRAN, RICE FLOUR, CRANBERRIES, HONEY, CORN SYRUP (FIBRE), WHEAT, ALMONDS, GLYCERIN, BROWN SUGAR SYRUP, ACACIA GUM, SALT, CORN AND BARLEY MALT EXTRACT, VEGETABLE OIL, MALTODEXTRIN, PALM OIL, CINNAMON, MONOGLYCERIDES, CITRIC ACID, NATURAL FLAVOUR, MIXED TOCOPHEROLS (FOR FRESHNESS).

37 g net carb
per 2/3 cup



- 1) Serving size
- 2) Total grams of carb
- 3) Subtract fibre

HOW MUCH CARBOHYDRATE SHOULD I EAT?

HOW MUCH CARB SHOULD I EAT?

Women

- 30-45 grams of carbohydrate per meal (x 3 meals/day)
- Maximum 15-20 grams of carbohydrate per snack
- Maximum 150-200 grams total carb per day

Men

- 30-60 grams of carbohydrate per meal (x 3 meals/day)
- Maximum 15-30 grams of carbohydrate per snack
- Maximum 200-250 grams total carb per day

Carbohydrate in Foods

This handout can help you find out which foods are higher and lower in carbohydrate. Knowing this can help you manage your blood sugar.

Carbohydrate foods

These foods turn into sugar in your blood. You can have some carbohydrate foods every day.

Each serving below is 1 choice.
1 choice = 15 grams of carbohydrate.

Grains							
Biscuit	Baked bannock	Bagel	Bun	Soda crackers	Hot cereal	Cold cereal	Pancake or waffle
							
1 slice	2x2x1 inch (5x5x2.5 cm)	1/2	1/2	7	1/2 cup (175 mL)	1/2 cup (125 mL)	1 (4 inch or 10 cm)
Cooked pasta, quinoa	Cooked rice, barley	Thick soup	Pizza crust	Pita	Roti/chapati or tortilla	Muffin	
							
1/2 cup (125 mL)	1/2 cup (75 mL)	1 cup (250 mL)	1/2 of 12 inch or 30 cm pizza	1/2 (6 inch or 15 cm)	1 (6 inch or 15 cm)	1 small (2 inch) baguette or 1/2 of egg-bought waffle	
Starchy Vegetables							
Beans, chickpeas, lentils	Corn	Green peas	Potato	Squash	Sweet potato, yam		
							
1/2 cup (125 mL) cooked	1/2 cob or 1/2 cup (125 mL)	1 cup (250 mL)	1/2 potato or 1/2 cup (125 mL)	1/2 cup (175 mL)	1/2 cup (125 mL)		
Fruit							
Apple, orange	Banana	Blueberries	Strawberries, Raspberries, or blackberries	Cherries or grapes	Canned fruit	Kiwis	Peach, nectarine
							
1 medium	1/2 large	1 cup (250 mL)	2 cups (500 mL)	15	1/2 cup (125 mL)	2 medium	1 large
Melon	Pear	Pineapple	Plums	Juice, 100%	Mandarins	Mango	Berries or other dried fruit
							
1 cup (250 mL)	1 small	1/2 cup (175 mL)	2 medium	1/2 cup (125 mL)	2 medium	1/2 medium	2 Tbsp (30 mL)
Milk and Alternatives							
Milk or fortified soy beverage, no added sugar	Yogurt, plain or no added sugar	Yogurt with added sugar	Milk or fortified soy beverage with added sugar				
							
1 cup (250 mL)	1/2 cup (175 mL)	1/2 cup (75 mL) or 100 g	1/2 cup (125 mL)				
Other foods							
Sugar, jam, jelly, honey, syrup	Sugary drinks, pop	Popcorn	Potato or tortilla chips				
							
1 Tbsp (15 mL)	1/2 cup (125 mL)	3 cups (750 mL)	17 chips (25 g)				

Foods with little or no carbohydrate










These foods have little effect on your blood sugar.

Vegetables					
					
Meat and Protein Foods					
Fish	Lean meat and poultry	Eggs	Cheese	Cottage cheese	Tofu
					
Fats					
Oil, tub margarine, butter	Salad dressing	Nuts, nut butters, seeds	Olives, avocados		
					
Extras					
Coffee, tea	Berries	Herbs, spices	Diet pop	Sugar substitutes	
					

Notes:

15 g carbohydrate per serving





Grains

<p>Bread</p>  <p>1 slice</p>	<p>Baked</p> <p>2x2x1 inch (5x5x2.5 cm)</p>	<p>Bagel</p> <p>¼</p>	<p>Bun</p> <p>½</p>	<p>Soda crackers</p>  <p>7</p>	<p>Hot cereal</p>  <p>¾ cup (175 mL)</p>	<p>Cold cereal</p>  <p>½ cup (125 mL)</p>	<p>Pancake or waffle</p>  <p>1 (4 inch or 10 cm)</p>
<p>Cooked pasta, quinoa</p>  <p>½ cup (125 mL)</p>	<p>Cooked rice, barley</p>  <p>⅓ cup (75 mL)</p>	<p>Thick soup</p> <p>1 cup (250 mL)</p>	<p>Pizza crust</p> <p>¼ of 12 inch or 30 cm pizza</p>	<p>Pita</p> <p>½ (6 inch or 15 cm)</p>	<p>Roti/chapati or tortilla</p>  <p>1 (6 inch or 15 cm)</p>	<p>Muffin</p>  <p>1 small (2 inch) homemade or ¼ of store-bought muffin</p>	

15 g carbohydrate
per 1 slice bread

15 g carbohydrate
per ⅓ cup rice

Starchy Vegetables

<p>Beans, chickpeas, lentils</p>  <p>½ cup (125 mL) cooked</p>	<p>Corn</p>  <p>½ cob or ½ cup (125 mL)</p>	<p>Green peas</p>  <p>1 cup (250 mL)</p>	<p>Potato</p>  <p>½ potato or ½ cup (125 mL)</p>	<p>Squash</p> <p>(175 mL)</p>	<p>Sweet</p> <p>(125 mL)</p>	
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15 g carbohydrate
per ½ potato

Potato



½ potato or ½ cup
(125 mL)

1 whole potato ($\frac{1}{2}$ potato x 2)

2 carbohydrate servings
x 15 g carb

30 g carbohydrate

per 1 whole potato (1 cup)

Cooked
rice, barley



$\frac{1}{3}$ cup
(75 mL)

1 cup rice ($\frac{1}{3}$ cup x 3)

3 carbohydrate servings
x 15 g carb









45 g carbohydrate

per 1 cup rice

15 g carbohydrate
per ½ banana

15 g carbohydrate per
2 cups of strawberries,
raspberries or blackberries

15 g carbohydrate per
1 apple or 1 orange

Fruit							
<p>Apple, orange</p>  <p>1 medium (250 mL)</p>	<p>Banana</p>  <p>½ large</p>	<p>Blueberries</p>  <p>1 cup (250 mL)</p>	<p>Strawberries, Raspberries, or Blackberries</p>  <p>2 cups (500 mL)</p>	15	(125 mL)	2 medium	1 large
		<p>Pineapple</p>  <p>¾ cup (175 mL)</p>	<p>Plums</p>  <p>2 medium</p>	<p>Juice, 100%</p>  <p>½ cup (125 mL)</p>	<p>Mandarins</p>  <p>2 medium</p>	<p>Mango</p>  <p>½ medium</p>	<p>Raisins or other dried fruit</p>  <p>2 Tbsp (30 ml)</p>
Milk and Alternatives							
<p>Milk or fortified soy beverage, no added sugar</p>  <p>1 cup (250 mL)</p>	<p>Yogurt, plain or no added sugar</p>  <p>¾ cup (175 mL)</p>	<p>Yogurt with added sugar</p>  <p>⅓ cup (75 mL) or 100 g</p>	<p>Milk or fortified soy beverage with added sugar</p>  <p>½ cup (125 mL)</p>				

Carbohydrate in Foods

This handout can help you find out which foods are higher and lower in carbohydrate. Knowing this can help you manage your blood sugar.

Carbohydrate foods

These foods turn into sugar in your blood. You can have some carbohydrate foods every day.

Each serving below is 1 choice.
1 choice = 15 grams of carbohydrate.

Grains							
Bread  1 slice	Baked bun/bunck  2x2x1 inch (5x5x2.5 cm)	Bagel  1/2	Bun  1/2	Soda crackers  7	Hot cereal  1/2 cup (175 mL)	Cold cereal  1/2 cup (125 mL)	Pancake or waffle  1 (4 inch or 10 cm)
Cooked pasta, quinoa  1/2 cup (125 mL)	Cooked rice, barley  1/2 cup (75 mL)	Thick soup  1 cup (250 mL)	Pizza crust  1/2 of 12 inch or 30-cm pizza	Pita  1/2 (6 inch or 15 cm)	Roti/chapati or tortilla  1 (6 inch or 15 cm)	Muffin  1 small (2 inch) cupcake or 1/2 of cup-bought waffle	
Starchy Vegetables							
Beans, chickpeas, lentils  1/2 cup (125 mL) cooked	Corn  1/2 cob or 1/2 cup (125 mL)	Green peas  1 cup (250 mL)	Potato  1/2 potato or 1/2 cup (125 mL)	Squash  1/2 cup (175 mL)	Sweet potato, yam  1/2 cup (125 mL)		
Fruit							
Apple, orange  1 medium	Banana  1/2 large	Blueberries  1 cup (250 mL)	Strawberries, Raspberries, or blackberries  2 cups (500 mL)	Cherries or grapes  15	Canned fruit  1/2 cup (125 mL)	Kiwi  2 medium	Peach, nectarine  1 large
Melon  1 cup (250 mL)	Pear  1 small	Pineapple  1/2 cup (175 mL)	Plum  2 medium	Juice, 100%  1/2 cup (125 mL)	Mandarin  2 medium	Mango  1/2 medium	Berries or other dried fruit  2 Tbsp (30 mL)
Milk and Alternatives							
Milk or fortified soy beverage, no added sugar  1 cup (250 mL)	Yogurt, plain or no added sugar  1/2 cup (175 mL)	Yogurt with added sugar  1/2 cup (75 mL) or 100 g	Milk or fortified soy beverage with added sugar  1/2 cup (125 mL)				
Other foods							
Sugar, jam, jelly, honey, syrup  1 Tbsp (15 mL)	Sugary drinks, pop  1/2 cup (125 mL)	Popcorn  3 cups (750 mL)	Potato or tortilla chips  17 chips (25 g)				

Developed by Registered Dietitians

Foods with little or no carbohydrate

These foods have little effect on your blood sugar.

Vegetables					
					
Meat and Protein Foods					
Fish 	Lean meat and poultry 	Eggs 	Cheese 	Cottage cheese 	Tofu 
Fats					
Oil, tub margarine, butter 	Salad dressing 	Nuts, nut butters, seeds 	Olives, avocados 		
Extras					
Coffee, tea 	Berries 	Herbs, spices 	Diet pop 	Sugar substitutes 	







Notes:

No carbohydrate

Vegetables



Meat and Protein Foods

Fish	Lean meat and poultry	Eggs	Cheese	Cottage cheese	Tofu	
						

Fats

Oil, tub margarine, butter



Salad dressing



Nuts, nut butters, seeds



Olives, avocados



Extras

Coffee, tea



Broth



Herbs, spices



Diet pop



Sugar substitutes



BREAKFAST – OPTION 1



2 cups cereal with milk
+ 1 banana

Cold cereal



$\frac{1}{2}$ cup
(125 mL)

2 cups cereal ($\frac{1}{2}$ cup x 4 servings)

4 carbohydrate servings

x 15 g carb

60 g carb per 2 cups cereal

Milk or fortified soy beverage, no added sugar



1 cup (250 mL)

1 cup skim milk (1 serving)

= 15 g carb

Banana



$\frac{1}{2}$ large

1 whole banana ($\frac{1}{2}$ x 2 servings)

2 carbohydrate servings
x 15 g carb

30 g carb per 1 banana

BREAKFAST – OPTION 1

**105 g total
carbohydrate**



60 g carb



15 g carb



30 g carb

BREAKFAST – OPTION 2



2 eggs + 2 slices whole grain toast
with margarine or peanut butter
+ 2 cups strawberries

Bread



1 slice

2 slices toast (1 slice x 2 servings)

2 carbohydrate servings

x 15 g carb

30 g carb per 2 slices toast

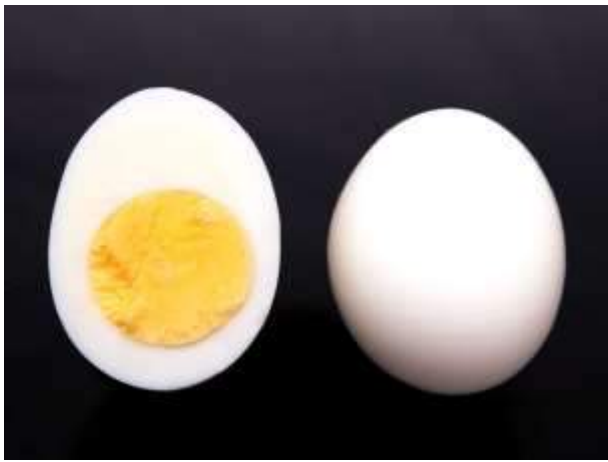
Strawberries,
Raspberries,
or Blackberries



2 cups
(500 mL)

2 cups strawberries (1 serving)

= 15 g carb



Eggs = no carbohydrate



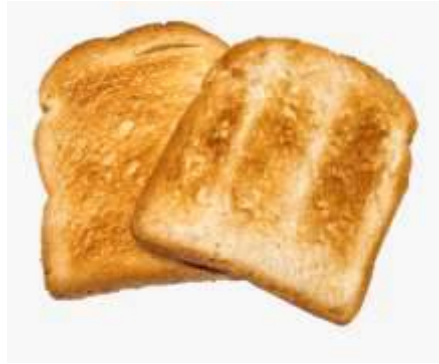
Margarine = no carbohydrate



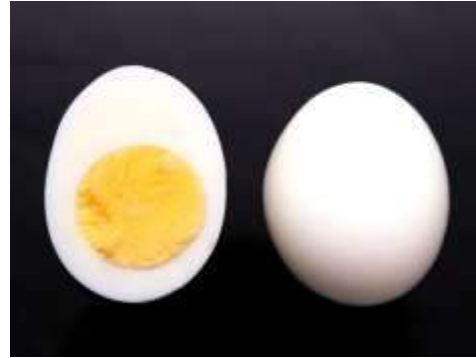
Peanut butter = no carbohydrate

= 0 g carbohydrate

BREAKFAST – OPTION 2



30 g carb



No carb



15 g carb



No carb

**45 g total
carbohydrate**

SUPPER – OPTION 1



2 cups fettuccine alfredo with chicken
+ 2 slices garlic bread

Cooked
pasta,
quinoa



½ cup
(125 mL)

2 cups pasta (½ cup x 4 servings)

4 carbohydrate servings

x 15 g carb

60 g carb per 2 cups pasta

Bread



1 slice

2 slices garlic bread (1 slice x 2 servings)

2 carbohydrate servings

x 15 g carb

30 g carb per 2 slices garlic bread



Chicken = no carbohydrate



Alfredo sauce = low/no carbohydrate
(check the label)

= 0 g carbohydrate

SUPPER – OPTION 1



60 g carb



No carb



Low/no carb



30 g carb

**90 g total
carbohydrate**

SUPPER – OPTION 2



1 cup fettuccine alfredo with chicken
+ 1 slice garlic bread + 3 cups Caesar salad

SUPPER – OPTION 2



30 g carb



Low/no carb

**45 g total
carbohydrate**



15 g carb



Low/no carb



No carb

**BALANCED
MEALS:**

**HEALTHY PLATE
METHOD**



HEALTHY EATING RESOURCES

- Diabetes Canada
www.diabetes.ca
- Other health education groups, including *Heart Health Essentials*
www.wrha.mb.ca/groups
- Unlock Food
Dietitian-approved meal plans
& nutrition information
www.unlockfood.ca

FOR GENERAL NUTRITION QUESTIONS

Dial-a-Dietitian

1-877-830-2892

Call 204-788-8248 in Winnipeg

NEED MORE SUPPORT?

Meet with a Registered Dietitian (optional)

- Do you have private health insurance? Find a private practice dietitian here: www.CollegeOfDietitiansMB.ca/find-a-dietitian/private-practice
- If you don't have insurance, you may still be able to see a dietitian. Visit www.wrha.mb.ca/nutrition and select *Find A Dietitian*

THANK YOU!

Use the chat function
or un-mute your microphone

ANY QUESTIONS?