

# I have been diagnosed with Type 2 Diabetes

## What does this mean?



**FACT**

Approximately 2 million Canadians have diabetes with 90 per cent of cases being type 2.

### Tips on increasing your Physical Activity

- ✓ Try to include some activities in your schedule each day
- ✓ A simple way is to fit physical activities into your daily routine – walk instead of taking the car, plan a brisk walk during your lunch hour, play tennis or squash on the weekend
- ✓ Activities such as walking and jogging are low-cost, may be done outdoors and can easily fit into most schedules
- ✓ Before starting any exercise program, consult your physician

Type 2 Diabetes occurs when your body cannot produce enough insulin or cannot properly use the insulin it makes. Insulin is a hormone produced by the pancreas which helps in regulating sugar in the blood and the body in general.

### How does having Type 2 diabetes affect my health?

If your blood glucose level is not properly controlled, you are at risk of developing serious long-term problems including:

- Heart disease and stroke
- Kidney failure
- Adult blindness
- Impotence
- Amputation

### What should I do to properly manage my diabetes?

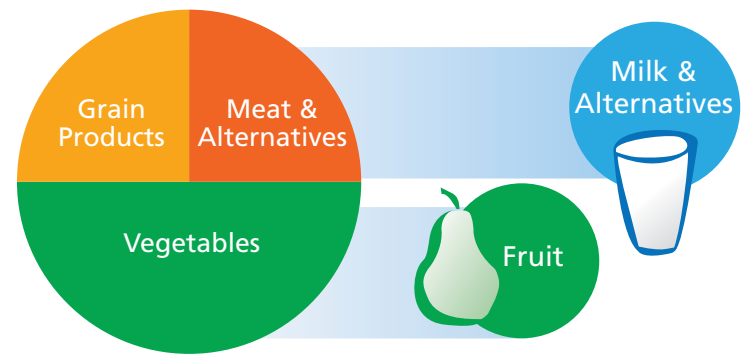
The good news is that you can live a long and healthy life by taking steps to control your blood glucose levels. These include healthy eating, regular physical activity and maintaining a healthy weight.

### Tips for healthy eating

- Eat 3 meals a day at regular times no more than 6 hours apart and be sure to start your day off with breakfast. It gives you energy and helps control your appetite. Sometimes it may be necessary to include healthy snacks.
- Limit high-fat food such as heavy sauces and fried foods.
- Limit sugars and sweets such as pastries, honey and candies. Food high in sugar will increase your blood sugar levels. Artificial sweeteners may be used in place of sugar.
- Choose foods that are high in fibre such as whole grains, vegetables, fruit, lentils, dried beans and peas as they may help lower blood glucose levels.
- Alcohol can affect blood glucose levels and contribute to weight gain. Talk to your dietitian about whether you can include alcohol in your diet.
- Choose water when you are thirsty as regular pop or fruit juices will raise your blood glucose levels.
- If you are limiting your daily intake of food, you may not be meeting the recommendations from *Canada's Food Guide* and should consider taking a high quality, balanced and complete multivitamin like **Centrum**®.
- Schedule an appointment with a Registered Dietitian to create a meal plan that best meets your needs and lifestyle.

# The Ideal Plate

The ideal meal should include one quarter of your plate covered with Meat & Alternatives, one quarter with Grain Products and about half with Vegetables. The meal should also include a serving of Fruit and a serving of Milk & Alternatives. Eat foods from at least 3 of the 4 food groups at each meal.



## Portion Sizes *Use the chart below as a guide to portion size when planning a meal.*

**Grain Products**  
A fist equals one cup which would be 2 servings of most grain products.

**Meat & Alternatives**  
A palm equals a serving of meat, fish or poultry. That's without fingers and thumb.

**Vegetables**  
A fist equals one cup which would be two servings of most vegetables.

**Fruit**  
Choose an amount up to the size of your fist.

**Milk & Alternatives**  
A fist equals one cup which is one serving of milk.  
A thumb equals 25 g of most cheeses. So 2 thumbs equal a serving.

Food Groups	Tips	Healthy choices	Limit or avoid
<b>Vegetables &amp; Fruit</b>	<ul style="list-style-type: none"> <li>✓ Vary your choices by selecting fruit and vegetables with various vibrant colours</li> <li>✓ Keep the skin on your fruit and vegetables as it is an important source of fibre</li> </ul>	<ul style="list-style-type: none"> <li>✓ Berries, figs, grapefruit, honeydew melon, nectarines, pears, tangerines</li> <li>✓ Asparagus, broccoli, cabbage, cucumber, eggplant, green and yellow beans, spinach, tomatoes</li> </ul>	<ul style="list-style-type: none"> <li>• Avocados and olives – they do contain important nutrients, but they are high in fat and should be limited to avoid weight gain</li> <li>• Those prepared with added fat, sugar or salt</li> </ul>
<b>Grain Products</b>	<ul style="list-style-type: none"> <li>✓ Choose low-fat, whole grain foods as they are high in fibre</li> </ul>	<ul style="list-style-type: none"> <li>✓ Whole grain bread, brown or wild rice, whole wheat pasta, bran based cereals, oatmeal, barley</li> </ul>	<ul style="list-style-type: none"> <li>• High-fat choices such as muffins, cookies, croissants</li> </ul>
<b>Milk &amp; Alternatives</b>	<ul style="list-style-type: none"> <li>✓ Choose low-fat where possible</li> <li>✓ Replace high-fat choices such as ice cream with lower fat ice milk or frozen yogurt</li> </ul>	<ul style="list-style-type: none"> <li>✓ Cottage cheese, skim milk, yogurt, soy milk</li> </ul>	<ul style="list-style-type: none"> <li>• Butter and high-fat cheeses with saturated fats</li> <li>• High-fat additions like cream or cheese based sauces</li> </ul>
<b>Meat &amp; Alternatives</b>	<ul style="list-style-type: none"> <li>✓ Choose leaner meat</li> <li>✓ Choose low-fat cooking methods such as broiling, baking or steaming</li> </ul>	<ul style="list-style-type: none"> <li>✓ Lean meats, fish, eggs, dried beans, lentils, skinless turkey or chicken, tofu</li> </ul>	<ul style="list-style-type: none"> <li>• High-fat meats such as bacon and sausage</li> </ul>

If you would like to calculate your daily nutrient intake, visit [www.nutritioncalculator.ca](http://www.nutritioncalculator.ca)

### Internet sites for further reference:

Canadian Diabetes Association: [www.diabetes.ca](http://www.diabetes.ca), Dietitians of Canada: [www.dietitians.ca](http://www.dietitians.ca), Health Canada: [www.hc-sc.gc.ca](http://www.hc-sc.gc.ca)

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