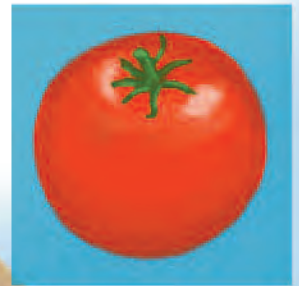


RÉGIE RÉGIONALE DE LA SANTÉ ET DES SERVICES SOCIAUX DU NUNAVIK NUNAVIK REGIONAL BOARD OF HEALTH AND SOCIAL SERVICES



When you have diabetes, your body has trouble using the energy circulating in the form of **glucose** (sugar) in your blood, which is why your glycemia (blood sugar level) may rise above normal values.

Glucose circulating in the blood comes mainly from the **carbohydrates** (sugars) that you eat. **Carbohydrates** are found naturally in many foods:

- They are found naturally in **plain milk and yogurt, grain products, beans, fruits and vegetables and their juices, etc.**



- They are added to **cookies, sweetened drinks, candies, cakes, granola bars, flavoured milks and yogurts, etc.**

If you have diabetes, this does not mean that you should **eliminate** all carbohydrates from your diet since carbohydrates are the body's main source of energy. You should instead **keep a close eye on the amount of carbohydrates you eat and spread them out over at least three meals per day** in order to control your blood sugar level.

What amount of carbohydrates do you need?

The amount of carbohydrates that people need every day depends on various factors such as age, gender, height, weight and level of physical activity.

In general, most people need:

- 45 to 75 g of carbohydrates per meal
- 15 to 30 g of carbohydrates per snack, if required

The sugar cube method allows you to visualize the amount of carbohydrates in each food group, making it easier to estimate the total amount in your meals and snacks. Each sugar cube represents 5 grams of carbohydrates (or 1tsp. or 1 sachet of sugar)



= 15 g of carbohydrates = 1 serving

Blood sugar level target

To avoid or delay complications affecting your eyes, kidneys, nerves, blood vessels and heart, blood sugar level should normally be between:

- **4 and 7 mmol/L** before meals
- **5 and 10 mmol/L** 2 hours after eating the first bite

Tips to help you control your blood sugar level and your weight

Physical activity offers many benefits for people with diabetes. To get maximum benefits, here are a few recommendations:

- Do **30 minutes of moderate-intensity physical activity** (walking at a brisk pace, picking berries, fishing, hunting, dancing, swimming, cycling, etc.) most days of the week. This activity can also be divided into ten-minute sessions.
 - Add 2 sessions of resistance exercises using light weights each week.
 - Take advantage of your daily activities (household chores, grocery shopping, sewing, etc.) to get moving, and embrace active ways of getting around (walking, cycling, etc.).
- Eat **3 balanced meals every day**. Avoid skipping meals. Snacks are not always necessary. However, if you feel hungry between meals or your diabetic medications require them, eat a nutritious snack. For example:
 - During the day: 1 fresh fruit or 175 g (3/4 cup) of yogurt
 - In the evening: 1 piece of bannock (2 inches X 2 inches) with 15 mL (1 tbsp.) of peanut butter or 250 mL (1 cup) of milk
 - **Raw vegetables can be eaten any time of the day!**
 - Eat your meals and snacks at **regular hours**. Space your meals at 4 to 6 hour intervals and, if needed, eat snacks 2 to 3 hours after meals.
 - Go for **high-fibre foods** when possible: whole grain bread, high-fibre cereals, beans, brown rice, whole wheat pasta, fruits, vegetables, nuts and seeds.
 - **Limit your intake of sugar-rich foods with little nutritional value:** donuts, cookies, fruit drinks, pop, candies, brown sugar, sugar-rich cereals, chocolate, jam, cakes, molasses, honey, pastries, syrups, sugar, pies, etc. If you eat these foods, **eat very small servings** and then, **only occasionally**.
 - **Drink water regularly** to quench your thirst. Choose water for your everyday beverage and reduce your intake of pop, fruit drinks and juices.
 - If you use **sugar substitutes** (e.g. aspartame, cyclamate, saccharine, sucralose, stevia) or food products containing them, do so **in moderation**.
 - If you drink **alcohol** such as wine, beer or hard liquor, do so while eating. Limit yourself to 1 or 2 drinks a day, but don't drink alcohol every day. Alcoholic beverages can raise or lower your blood sugar level. They can also cause weight gain because they are a source of calories. Check with your doctor to find out whether there are risks associated with consuming alcohol in your situation.

Tips for a healthy heart



Limit your intake of foods that are high in bad fats: bacon, butter, cookies, deli meats, chocolate, cream, ice cream, chips, fried foods, cheeses with a fat content over 20%, cakes, hydrogenated margarine, commercially prepared muffins, pastries, lard, cream-based sauces, shortening, etc. Keep in mind that a healthy weight helps control your blood glucose levels.

Limit your intake of very salty foods: condiments (ketchup, mustard, etc.), deli meats, chips and other salty snack foods, marinades, ready to eat or frozen meals, sauces (soy, BBQ, etc.), commercially prepared soups and salad dressings, etc.

Use less salt when cooking and avoid adding salt at the table. Spice up your food with herbs, onion, garlic, lemon juice, etc

A Healthy Plate for Each Meal:

a balanced meal containing 45 to 75 g of carbohydrates
to help you control your diabetes

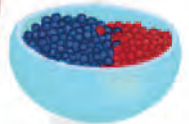
Milk and Alternatives

1 serving



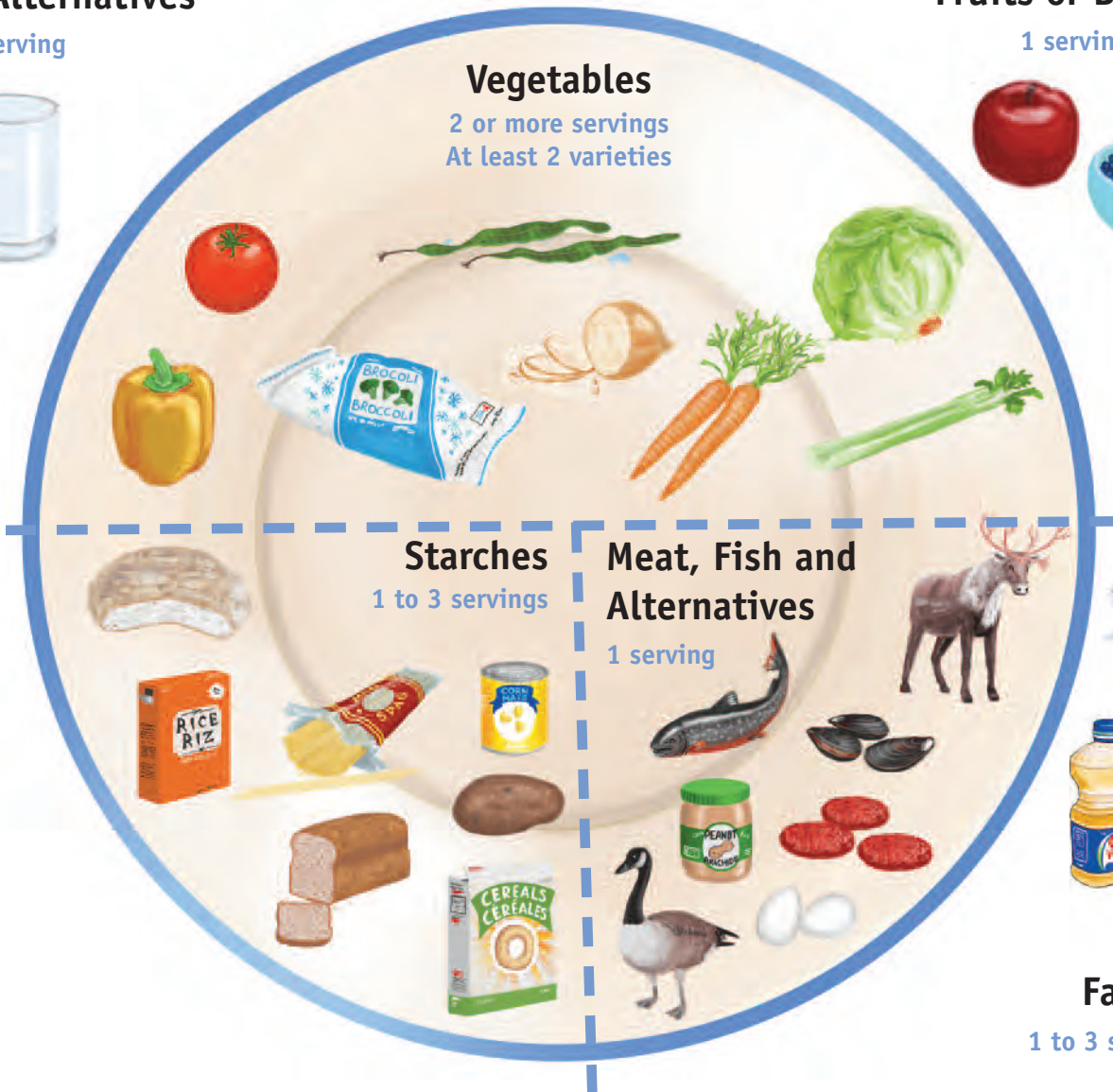
Fruits or Berries

1 serving



Vegetables

2 or more servings
At least 2 varieties



Starches

1 to 3 servings

Meat, Fish and Alternatives

1 serving

Fats

1 to 3 servings



Use your hand to measure the size of your servings



The tip of your thumb equals about 5 ml (1 teaspoon), or 1 serving of traditional fat, vegetable oil or margarine.



The palm area of your hands equals about 90 g (3 oz.), or 1 serving of meat, poultry, fish, or tofu.



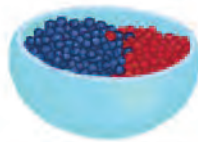
Your thumb equals roughly 15 ml (1tbsp.) or 1 serving of vegetable oil or margarine.



Your fist equals roughly 250 mL (1 cup), or 2 servings of starches, 2 servings of fruits cut into pieces or 2 servings of vegetables.

Illustrated Meal Suggestions

Breakfast



1 Fruit

+



2 Starch

+



1 Meat, Fish and Alternatives + 2 fats

+



Coffee or tea

Jam
15 mL

Canola Oil
10 mL

Milk
30 mL

Number of sugar cubes in this meal = 12

Lunch

Vegetable
Soup



1 Vegetable

+



1 Meat, Fish and Alternatives + 2 Vegetables + 2 Starches

+



2 Fats

+



1 Fruit

+



1 Milk and Alternatives

Margarine non-
hydrogenated
10 mL

Canned Pears
125 mL (½cup)

Lait
250 mL

Number of sugar cubes in this meal = 12

Dinner

Roasted Caribou
with Vegetables



1 Meat, Fish and Alternatives + 2 Vegetables + 1 Starch + 2 Fats

+



1 Starch

+



2 Fats

+



1 fruit

+



1 Milk and Alternatives

Canola Oil
10 mL

Blueberries
175 mL (¾cup)

Fruit Flavoured
Yogurt 100 mL

Number of sugar cubes in this meal = 9

Food to eat every day

Starches 1 serving = 15 g =



Exemples : 1 bannock (2 inches) OR 1/3 cup of **cooked** pasta OR 1/3 cup of **cooked** rice

Fruit 1 serving = 15 g =



Exemples : 1 medium-sized fruit OR 1/2 banana OR 15 large grapes
OR 1/2 cup of 100% pure unsweetened fruit juice

Milk and alternatives 1 serving = 15 g =



Exemples : 1 cup of milk OR 3/4 cup of plain yogurt OR 100ml of fruit or flavoured yogurt

Vegetables 1 serving = 0 g (negligible)



Exemples : ½ cup of **cooked** vegetables OR 1 cup of raw vegetables

Meat and alternatives 1 serving = 0 g



Exemples : 3oz of caribou OR fish OR 2/3 cup of **cooked** beans

Fats 1 serving = 0 g



Exemples : 1 tsp. of canola or olive oil OR 1 tsp. of non-hydrogenated margarine OR 1 tbsp of nuts or seeds