

Planning Your Meals



Eat regular meals. Focus on minimally processed, whole foods.

1) **Control your carbohydrates.** Carbohydrates turn to sugar in your blood.

Carbohydrate Targets per meal:

Men: 45 – 75 grams (3-5 choices)

Women: 45 – 60 grams (3-4 choices)

Snacks: 15-30 grams (1-2 choices)

The following foods have 15 grams of carbohydrate (1 choice):

Grains and Starches	Milk and Yogurt	Fruit	Starchy Vegetables	Snacks & Sweets
1 slice whole grain bread 6" tortilla ½ c cold, unsweetened cereal ¾ cup cooked cereal 1/3 cup brown rice ½ cup pasta, barley, bulgur, couscous, wild rice ¾ cup quinoa ½ cup legumes, lentils 1/3 cup hummus	1 cup white milk 1 cup soy milk 1 cup plain Greek yogurt ¾ cup plain yogurt 1/3 cup flavoured yogurt	1 small fresh fruit ½ large banana ½ grapefruit 1 cup berries, melon ½ cup or 15 grapes 2 Tbsp raisins, dried fruit ½ cup canned fruit, in juice	½ cup mashed potato ½ medium baked or boiled potato ½ cup corn 1 small corn on the cob 1/3 cup mashed sweet potato 1 cup winter squash, peas, parsnips or pumpkin	3 cups popcorn 4-6 crackers 3 small cookies ½ cup ice cream or frozen yogurt 1 Tbsp sugar, honey, jam, syrup



These foods have little effect on your blood sugar:

2) Fill your plate with colourful, **non-starchy vegetables** – kale, spinach, Swiss chard and other greens, broccoli, Brussels sprouts, cauliflower, carrots, tomatoes, mushrooms, peppers, onions, garlic, zucchini, cucumber, green beans, asparagus, cabbage...



3) Include **protein** with each meal (aim for 30 grams/4 oz per meal)

Fish & seafood, chicken, turkey, lean beef, pork, eggs, cheese, tofu, lentils and legumes. Try to have at least 2 meals per week of fatty fish – salmon, trout, sardines, and mackerel



4) Choose small amounts of healthier **fats** – olive oil or canola oil, avocado, olives, nuts & seeds, ground flaxseed, nut & seed butters, butter, soft tub margarine, salad dressing, tahini. Avoid “trans fat”



5) Aim for at least **25 grams of fibre** per day: fresh, whole fruits & vegetables, whole grains, wheat bran, oats, nuts & seeds, flaxseed, legumes (chickpeas, kidney beans, split peas, black beans) and lentils.

Increase your fibre intake slowly and drink more water.