Diabetes: What You Eat Matters

Diabetes is a serious disease and what you eat can help prevent and manage it. Eating Well with Canada’s Food Guide – First Nations, Inuit and Métis shows the types and amounts of foods to eat to get the nutrients your body needs. Following Canada’s Food Guide will also help you lower your risk of obesity, type 2 diabetes, and heart disease.

What are some tips for healthy eating?

• Choose a variety of foods from each of the four food groups
• Eat at least one dark green and one orange vegetable each day
• Have vegetables and fruit more often than juice
• Make at least half your grain products whole grain each day, for example, whole wheat bannock, bran cereal, and wild rice
• Drink 2 cups of skim, 1% or 2% milk or fortified soy beverage each day
• Choose lean meat, poultry and fish prepared with little or no fat or salt
• Try meat alternatives such as beans and lentils
• Use lower fat cooking methods such as grilling, boiling, stewing and baking
• Enjoy traditional foods such as wild meat and fish when you can
• Read the nutrition label at the grocery store to help you choose healthier foods

Limit foods and drinks which contain a lot of calories, fat, sugar or salt, such as:

• pop
• fruit flavoured drinks, sweet drinks made from powder, and sports and energy drinks
• candy, chocolate, ice cream and frozen desserts
• cakes, pastries, doughnuts and muffins
• granola bars and cookies
• french fries
• chips and other salty snacks
• alcohol

More information about healthy eating for diabetes is available in Just the Basics from the Canadian Diabetes Association at: www.diabetes.ca/diabetes-and-you/nutrition/just-basics/

To learn more about diabetes, visit your local health care provider, or go to: www.health.gc.ca/ADI


Aboriginal Diabetes Initiative