

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?

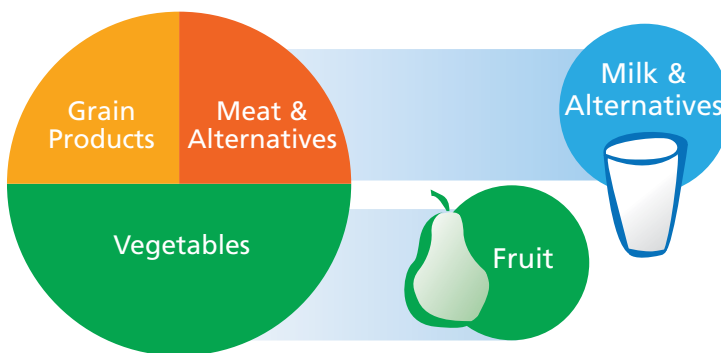
The good news is that you can live a long and healthy life by taking steps to control your blood glucose levels. These include healthy eating, regular physical activity and maintaining a healthy weight.

Tips for healthy eating

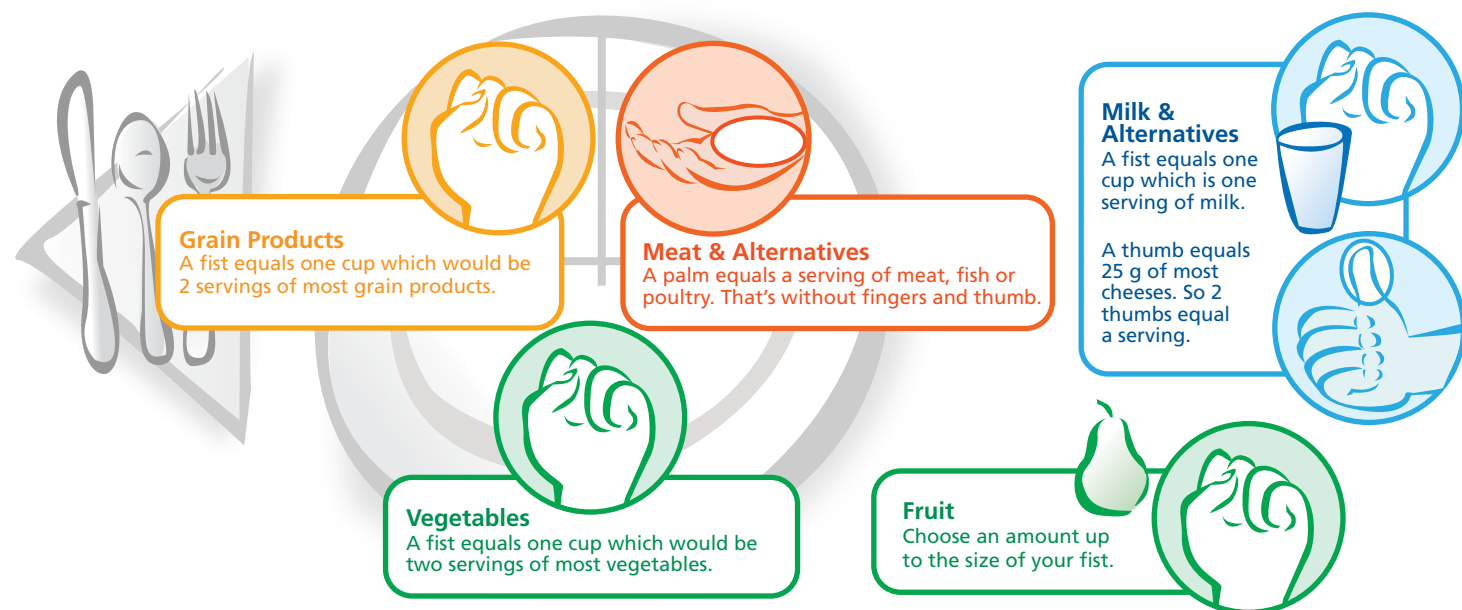
- Eat 3 meals a day at regular times no more than 6 hours apart and be sure to start your day off with breakfast. It gives you energy and helps control your appetite. Sometimes it may be necessary to include healthy snacks.
- Limit high-fat food such as heavy sauces and fried foods.
- Limit sugars and 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.*



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

If you would like to calculate your daily nutrient intake, visit www.nutritioncalculator.ca

Internet sites for further reference:

Canadian Diabetes Association: www.diabetes.ca, Dietitians of Canada: www.dietitians.ca, Health Canada: www.hc-sc.gc.ca

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