

## Estimating Portion Sizes

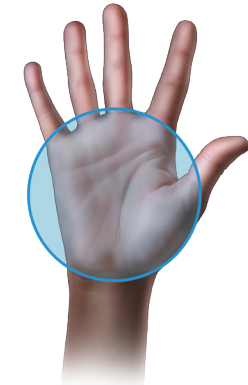
When you can't measure, you can estimate! The following can be used as a guide when planning your meals.



Fruits, grains, and starches



Vegetables



Meats and alternatives



Fats

Choose low-fat milk (250 mL) if you're having dairy with a meal. Choose as many vegetables as you can hold in both hands.

## Reading Nutrition Facts Labels: Counting Your Carbohydrates

The information on the label is based on the serving size. Assess if you are eating the same, more, or less than this amount. Keep in mind that packages often contain more than 1 serving.

Nutrients you want less of are trans fat, sugar, and sodium. Foods that are low in these nutrients have a daily value of less than 5%.

Carbohydrate indicates the total amount of carbohydrate, which includes starch, sugars, and fibre. (Starch is not listed separately).

Fibre does not raise blood sugar and is subtracted from the total carbohydrate.  
 $36\text{ g} - 6\text{ g} = 30\text{ g}$   
 Decide whether the food fits into your plan.

Nutrients of public health concern are listed here. Nutrients you may want more of include potassium, calcium, and iron.

### Nutrition Facts Valeur nutritive

Serving Size 1 cup (250 mL)  
pour 1 tasse (250 mL)

**Calories 110**

% Daily Value\*  
% valeur quotidienne\*

**Fat / Lipides 0 g**

0 %

Saturated / saturés 0 g

0 %

+ Trans / trans 0 g

**Carbohydrate / Glucides 36 g**

24 %

Fibre / Fibres 6 g

22 %

Sugars / Sucres 22 g

**Protein / Protéines 2 g**

0 %

**Cholesterol / Cholestérol 0 mg**

0 %

**Sodium 0 mg**

0 %

Potassium 450 mg

10 %

Calcium 30 mg

2 %

Iron / Fer 0 mg

0 %

\*5% or less is a little, 15% or more is a lot

\*5% ou moins c'est peu, 15% ou plus c'est beaucoup

## Healthy eating

Balance what, how much, and when you eat



## Being active

Make a plan for physical activity  
Add cardiovascular and resistance activity to your routine



## Medicine

Keep track of your medicine for diabetes or weight management



## Tracking your progress

Using a log to capture how your plan is working can be helpful



## Making a plan

What can I do today and moving forward to help support my health?

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References: 1. Health Canada. Canada's food guide 2020. Available at: <https://food-guide.canada.ca/en/>. 2. Diabetes Canada. Just the basics. 2018. Available at: <https://www.diabetes.ca/DiabetesCanada/Website/media/Managing-My-Diabetes/Tools%20and%20Resources/just-the-basics.pdf?text=.pdf>. 3. Diabetes Canada. Basic carbohydrate counting for diabetes management. 2018. Available at: <https://www.diabetes.ca/diabetes-canada-website/media/Managing-My-Diabetes/Tools%20and%20Resources/basic-carbohydrate-counting.pdf?text=.pdf>. 4. Health Canada. Food labelling changes. 2020. Available at: <https://www.canada.ca/en/health-canada/services/food-labelling-changes.html>. 5. Diabetes Canada. Beyond the basics: Meal planning for healthy eating, diabetes prevention and management. 2018. Available at: <https://orders.diabetes.ca/products/beyond-the-basics-poster?variant=1219169337>.

# Planning Healthy Meals

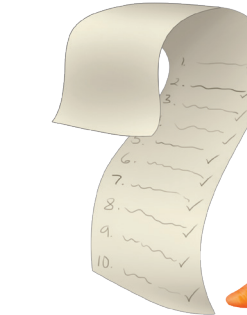


# Making Healthy Food Choices<sup>1-4</sup>

## DO



plan your meals



grocery shop in the outside aisles

choose water



choose lean proteins (plant-based more often), whole grains, fruits, and vegetables



cook more often



## AVOID

food high in sugar, saturated fat, and salt



the influence of food advertising



distractions while eating

For more information, visit Canada's Food Guide at [food-guide.canada.ca/en/](https://food-guide.canada.ca/en/)

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**Chronic Disease Education**  
**Enseignement des maladies chroniques**





# Non-carbohydrates<sup>3,5</sup>



## Meat and Alternatives

- Meat and meat substitutes are a source of protein and do not raise blood sugar significantly

### Choose more often

Item	Serving size or portion
Cheese	
Skim < 7% MF, light < 20% MF	30 g
Cottage 1-2% MF	¼ cup
Egg	1 large
Fish	
Canned, drained	¼ cup
Fresh	30 g
Hummus	½ cup
Meat	
Lean-cut; game; ground, lean; organ; prepared, low-fat, processed luncheon meats; peameal/back bacon	30 g
Peanut butter	2 tbsp
Poultry	
Ground, lean; skinless	30 g
Shellfish	30 g
Tofu, firm	85 g (1.75 x 0.75 in)
Vegetarian meat alternatives	30 g

### Choose less often

Item	Serving size or portion
Cheese	
Regular > 20% MF	30 g
Meat	
Regular-cut; ground, medium-regular; prepared, regular fat	30 g
Chicken wings	2 (45 g)
Sausage	1-2 links (40 g)

## Non-starchy Vegetables



- Non-starchy vegetables do not raise blood sugar as much as starchy vegetables

### Choose more often

Item	Serving size or portion
Asparagus	
Beans, yellow or green	
Bean sprouts	
Broccoli, cauliflower	
Cabbage	
Celery	
Cucumber	
Eggplant	
Greens (collard, kale)	
Leeks	
Mushrooms	
Okra	
Onions	
Peppers	
Radishes	
Snow peas	
Spinach	

## Fats

- Fats do not raise blood sugar significantly
- Fats should be used sparingly
- Choose foods with healthy fats (such as omega-3 fatty acids)

### Choose more often

Item	Serving size or portion
Oil, canola or olive	1 tsp
Nuts, seeds	1 tbsp
Margarine, soft	1 tsp
Avocado	¼
Tahini	½ tbsp

### Choose less often

Item	Serving size or portion
Bacon	1 slice
Butter	1 tsp
Cheese, spreadable	1 tbsp
Mayonnaise, light	1 tbsp
Salad dressing, regular	1 tsp

MF, milk fat.

# Know Your Nutrients and Create Your Plate<sup>1,2,5</sup>

## Meat and Alternatives

**Examples:**  
Fish, lean meat, chicken, eggs, tofu  
Suggested serving ~¼ plate per meal

## Non-starchy Vegetables

**Examples:**  
Broccoli, asparagus (choose at least 2 kinds)  
Suggested serving ~½ plate per meal



## Water

Make water your drink of choice



## Lentils and Beans

Protein and carb serving

## Starches and Grains

**Examples:**  
Whole grain pasta, rice, quinoa  
Suggested serving ~¼ plate per meal

## Fruit

**Examples:**  
Orange (medium),  
Blueberries (1 cup),  
Mango (½ medium)

## Starchy Vegetables



### Choose more often

Item	Serving size or portion
Beets	1 cup
Carrots, cooked	1¾ cups
Parsnips	¾ cup
Peas, green, cooked	1 cup
Plantain mashed, sweet potato	½ cup
Potatoes, boiled, baked	½ medium
Turnips, mashed	2 cups
Winter squash, mashed	1¼ cup

### Choose less often

French fries	10
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# Carbohydrates<sup>3,5</sup>

- 1 carb choice = 15 g
- Most of the carbohydrates we eat are quickly absorbed and can affect blood sugar



## Starches and Grains

### Choose more often

Item	Serving size or portion
All-Bran/All-Bran Buds	½ cup
Bannock, whole grain, baked	1.5 x 2.5 in
Barley, bulgur, cooked	½ cup
Bread, whole grain	1 slice
Cereal/cream of wheat/oatmeal, cooked	¾ cup
Chapati/roti/tortilla, whole wheat	1 (6 in)
Corn, kernel	½ cup
English muffin, whole grain	½
Pasta/couscous/quinoa, cooked	½ cup
Pita bread, whole wheat	½ (6 in)
Rice, long grain, cooked	½ cup
Shredded wheat, unsweetened	½ cup

### Choose less often

Item	Serving size or portion
Bagel	½ small-¼ large
Bannock, fried	1.5 x 2.5 in
Bran/corn flakes	½ cup
Bread, white	1 slice
Bun, hamburger or hotdog	½
Cereal, flaked, unsweetened	½ cup
Chow Mein noodles	¾ cup
Crackers, soda type	7
Croissant	1 small
Croutons	¾ cup
Egg noodles	½ cup
Granola	¼ cup
Mueslix	½ cup
Naan	¼ (6 in)
Pancake/waffle	1 (4 in)
Pita bread, white	½ (6 in)
Pizza crust	¼ (12 in)
Rice Krispies	¾ cup
Rice noodles	½ cup
Taco shells	2 (5 in)

## Milk and Alternatives

### Choose more often

Item	Serving size or portion
Milk, skim/1%/2%/3.25%	1 cup
Chocolate milk, 1%	½ cup
Milk powder, skim	4 tbsp
Milk alternatives, almond/coconut/cashew/soy, unsweetened*	1 cup
Milk alternatives, almond/coconut/cashew/soy, sweetened	1 cup
Yogurt, plain, low-fat	¾ cup
Yogurt, flavoured	½ cup
Yogurt, artificially sweetened	¾ cup
Soy yogurt, flavoured	½ cup

## Other Choices | Sweet foods and snacks

### Choose more often

Item	Serving size or portion
Milk pudding, skim, no sugar added	½ cup
Popcorn, air-popped, low-fat	3 cups

### Choose less often

Item	Serving size or portion
Arrowroot, gingersnap cookies	3
Brownie or cake, unfrosted	2 in square
Jam, jelly, honey	1 tbsp
Muffin	½ small
Oatmeal granola bar	1 bar (28 g)
Pretzels, low-fat	7 large, 30 sticks
Sugar	3 tsp

## Fruit



### Choose more often

Item	Serving size or portion
Apple	1 medium
Applesauce, unsweetened	½ cup
Banana	1 small-½ large
Berries, fresh	
Blackberries/ raspberries/ strawberries	2 cups
Blueberries	1 cup
Cherries	15
Grapes	15
Kiwis	2 medium
Mango	½ medium
Melon	1 cup
Orange	1 medium
Peach	1 large
Pear	1 medium
Pineapple	¾ cup
Plums	2 medium
Canned fruit, in juice	½ cup

### Limit/reduce

Canned fruit, in heavy syrup	½ cup
Juice	½ cup
Mixed dried Fruit	¼ cup



\* Unsweetened plant-based beverages (such as almond, coconut, cashew, and soy milk) are not significant sources of carbohydrates.