

Item	Foods Allowed	Foods not Allowed
<p>Vegetables <i>(these vegetables have little carbohydrate so can be added in as extras)</i></p>	<ul style="list-style-type: none"> • Asparagus • Bean sprouts • Beans (yellow or green) • Beets • Broccoli • Brussels sprouts • Cabbage • Carrots • Cauliflower • Celery • Cucumber • Eggplant • Lettuce • Mushrooms • Onions • Parsley • Parsnips • Peas • Peppers • Radishes • Rhubarb • Spinach • Squash • Tomato (fresh or stewed) • Tomato juice • Turnips • Zucchini 	<ul style="list-style-type: none"> • Salted or sweetened vegetables • Breaded vegetables
<p>Fruits (1 Carb Choice)</p>	<ul style="list-style-type: none"> • Banana – 1 small • Canned fruit in water or juice – ½ cup • Grapes or cherries – 15 • Mango – ½ medium • Melons including watermelon – 1 cup • Orange, apple or pear – 1 medium • Other berries – 1 cup • Peach or nectarine – 1 large 	<ul style="list-style-type: none"> • Canned fruit (in light syrup) – ½ cup • Grape or prune juice – ⅓ cup • Grapefruit or grapefruit juice is not recommended due to common drug interactions.

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	<ul style="list-style-type: none"> • Plums, kiwi, prunes, dates – 2 medium • Raisins – 2 tbsp • Strawberries/raspberries, fresh – 2 cups • Strawberries/raspberries, frozen – 1 cup 	<ul style="list-style-type: none"> • Juice (unsweetened) – 1/3-1/2 cup • Salted or sweetened fruits
Grain Products (1 Carb Choice)	<ul style="list-style-type: none"> • Bagel – 1/4 large • Baked potato – 1/2 medium • Bannock – 1.5 x 2.5 inch • Barley – 1/3 cup cooked • Bran muffin – small (2-inch) • Bread, whole grain – 1 slice • Bretons – 3 • Cereal, cold – 1/2 cup • Cereal, hot – 3/4 cup • Corn – 1/2 cup or 1/2 an ear • English muffin – 1/2 • Hamburger/Hotdog bun – 1/2 • Mashed potato – 1/2 cup • Pancakes/Waffles – 1 (4-inch) • Pasta – 1/2 cup cooked • Perogies – 1 large • Pita bread – 1/2 (6-inch) • Pizza crust – 1/8th (12-inch) • Plain roll – 1 small • Popcorn (air popped) – 3 cups • Rice – 1/3 cup cooked • Rice cakes – 2 • Soda crackers – 7 • Tortilla – 1/2 (10-inch) • Yams or sweet potatoes – 1/2 cup 	<ul style="list-style-type: none"> • French Fries – 10 • Granola – 1/4 cup • Pie crust (1/16), single • Pie crust (1/32), double • Potato chips – 10 • Sweetened cereals – 1/4-1/3 cup • White bread or white grain products
Soups (1 Carb Choice)	<ul style="list-style-type: none"> • Soups made with noodles, rice, barley, potatoes, legumes, corn or milk – 1 cup 	<ul style="list-style-type: none"> • Rich cream and salty soups
Milk & Alternatives (1 Carb Choice)	<ul style="list-style-type: none"> • Milk, canned evaporated – 1/2 cup • Milk, powdered milk – 4 tbsp • Milk, skim, or 1% milk – 1 cup • Pudding, no-sugar added – 1/2 cup • Soy beverage flavoured, unsweetened – 1/2 cup • Yogurt, plain non-fat yogurt – 3/4 cup • Yogurt, plain or artificially sweetened – 1 cup 	<ul style="list-style-type: none"> • Chocolate milk – 1/2 cup • Cream • Milk, 2% or homogenized • Pudding, regular – 1/3 cup • Yogurt, sweetened – 1/2 cup

Meat & Alternatives (1 Protein Choice)	<ul style="list-style-type: none"> • Baked beans – 1/3 cup • Beans/split peas/lentils – 1/2 cup • Cheese, light (less than 20% MF) – 1 oz (30 g) • Cooked poultry, lean meat , fish or shrimp – 1 oz (30 g) • Cottage cheese (2% or 1% MF) – 1/2 cup • Egg – 1 • Fish, canned – 1/4 cup • Peanut butter or nut butters – 2 tbsp • Tofu – 3/4 cup (150 g) 	<ul style="list-style-type: none"> • Cheese, regular fat – 1 oz (30 g) • Fatty meats such as bologna, salami, pepperoni, wieners, sausage, spareribs, chicken wings, corned beef, liverwurst
Oils & Fats (1 Fat Choice)	<u>Use in Moderation:</u> <ul style="list-style-type: none"> • Avocado – 1/6 • Margarine (non-hydrogenated) – 1 tsp • Mayonnaise, light – 1 tbsp • Nuts and seeds – 1 tbsp • Oils (canola, olive, soybean) – 1 tsp • Salad dressing, low calorie – 2 tbsp 	<u>Choose less often:</u> <ul style="list-style-type: none"> • Bacon, side – 1 strip • Butter – 1 tsp • Cream (10%) – 2 tbsp • Gravy – 2 tbsp • Lard or shortening – 1 tsp • Mayonnaise, regular – 2 tsp • Sausages – 1-2 links
Desserts & Sweets	<u>These have little or no sugar so can be added into diet as extras:</u> <ul style="list-style-type: none"> • Sugar-free gelatin • Diet (no sugar added) jam or syrup – 1 package (15 mL) 	These are occasional Carb Choices that can be substituted for a Fruit, Milk or Starch Choice: <ul style="list-style-type: none"> • Brownie, unfrosted – 2-inch square • Cake, unfrosted – 2-inch square • Cookies, small, such as arrowroot or gingersnaps – 3 • cookies with cream filling or chocolate chips – 2 • Cranberry sauce – 2 tbsp • Granola bar, oatmeal (28 g) – 1 • Honey, syrup – 1 tbsp • Ice cream or sherbet – 1/2 cup • Jam, jelly, marmalade – 1 tbsp • Jell-O®, regular – 1/2 cup • Ketchup – 3 tbsp • muffin – 1/2 medium or 2-inch • White/Brown sugar – 1 tbsp

		NOTE: one piece of double crust pie = 4 carbohydrate choices so is not recommended on the diabetes menu.
Fluids	<ul style="list-style-type: none"> • Water • Crystal Light, diet Kool-Aid, diet beverages 	<ul style="list-style-type: none"> • Soft drink, regular – ½ cup • Tonic water – ¾ cup
Miscellaneous: Low Calorie Sweeteners	<ul style="list-style-type: none"> • Splenda (sucralose), Equal (aspartame), Sugar Twin (aspartame) 	Low-calorie sweetener made with saccharin and cyclamates are NOT recommended.

Notes:

Who is this diet for?

- Type 1 diabetes
- Type 2 diabetes
- Gestational diabetes mellitus (GDM) and Impaired Fasting Glucose in Pregnancy
- Pre-diabetes including: Impaired glucose tolerance (IGT) and Impaired fasting glucose (IFG)

Purpose of the diet

- To help the patient or resident have the best blood sugar and blood fat levels.
- Restriction of some portions and some foods can help achieve these levels, but it is also important to recognize the need for quality of life choices especially in Long Term Care.
- Provide the right number of calories and nutrition for good health.

How is this diet different from other diets?

- The Grains & Starch group includes grains *as well as* starchy vegetables such as potatoes, yams and corn. All other vegetables are free and can be served liberally.
- Fruit, Grain Products, Soups and Milk & Alternatives Groups: **1 Carb Choice/Serving is = to 15 grams of Carbohydrate.**
- Cheese is not included in the Milk & Alternatives Group as it has less carbohydrate than milk and yogurt. It is included in the Meat and Alternatives group.
- The Meat and Alternatives Group is based on 1 ounce servings not 3 ounce servings. Therefore, 2 servings = 2 ounces not 6 ounces.

References:

- Canadian Diabetes Association Beyond the Basics: Meal Planning For Healthy Eating, Diabetes Prevention & Management. 2006
- Health Canada Nutrient Value of Some common Foods. 2008
- Diabetes Canada: Clinical Practice Guidelines, 2018