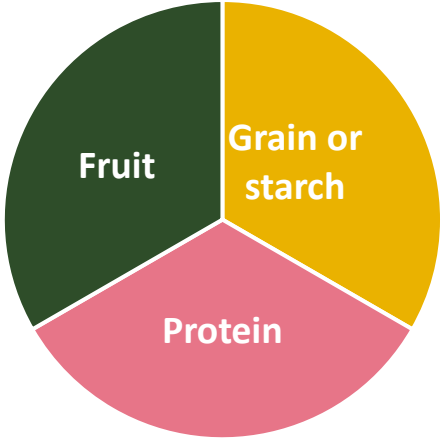

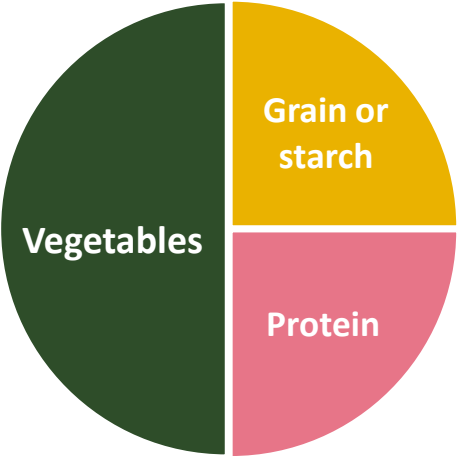





# Breakfast

Portions	Examples	Pictures
	<ul style="list-style-type: none"> <li>- Oatmeal with 1 cup berries and ¼ cup nuts or 2 Tbsp nut butter</li> <li>- Whole grain toast with 2 cooked eggs and a fruit cup</li> <li>- Smoothie made with ½ cup Greek yogurt, ½ banana, ½ cup frozen berries, ½ cup milk or water</li> <li>- High protein granola bar and piece of fruit (apple)</li> <li>- 1 cup cereal with milk and slice of cheese</li> </ul>	

# Lunch/Supper

Portions	Examples	Pictures
	<ul style="list-style-type: none"> <li>- Moose stew (potatoes, carrots, celery, peas, onion)</li> <li>- Canned tuna (packed in water) with crackers and vegetables</li> <li>- 1-2 cups soup with Bannock</li> <li>- Stir fry with 1 ½ cup noodles, broccoli/peas and chicken</li> <li>- Quesadilla with black beans, cheese, peppers and mushrooms on whole wheat tortilla</li> <li>- Spinach omelette with toast</li> <li>- Pork chop with 1 cup mashed potatoes and green salad</li> </ul>	

# Snacks

Portions	Examples	Pictures
	<ul style="list-style-type: none"> <li>- Dried meat and fruit (1/4 cup)</li> <li>- Apple with peanut butter (2 tbsp)</li> <li>- Popcorn (3 cups) with cheese</li> <li>- Greek yogurt</li> <li>- Hummus with carrots</li> <li>- ½ cup cottage cheese with berries</li> <li>- Cheese and crackers (4)</li> <li>- Hard-boiled egg with 1 orange</li> <li>- Granola bar (with nuts or other protein source)</li> </ul>	

## These foods DO effect blood sugar (have carbohydrates)

## These foods DO NOT effect blood sugar (do not have carbohydrates)

Grains and starches	Fruit	Milk and alternatives	Vegetables	Meat and alternatives	Fat
Grains and starches are our main source of energy. Whole grains have more fibre, which helps us feel full for longer. Fibre is also good for our stomach and heart. Choose whole grains when you can.	Fruit is good for us in many ways! Fresh, frozen, dried, or canned are all good options. If buying canned, choose fruit packed in water. Dried fruit is more condensed, so portions are smaller.	Milk is one of the main ways our body gets calcium, which we need for our bones to stay strong. Try to choose low fat dairy choices when you can.	Vegetables are a great source of vitamins and minerals, and have fibre. Fresh, frozen, and canned fruit are all good for us. If buying canned, try to get ones that have no salt (sodium) added.	Meat and alternatives are the main way our body gets protein for our muscles. Protein also helps us feel full, and slows digestion so our blood sugars rise slower. Try to have protein at every meal.	Fat is important for our brain health. To keep our heart healthy, it is best to choose fat that comes from plants, and to try to eat fish twice a week.

### Examples

<ul style="list-style-type: none"> <li>- Bread</li> <li>- Rice</li> <li>- Pasta</li> <li>- Pita bread</li> <li>- Bagels</li> <li>- Potatoes</li> <li>- Corn</li> <li>- Bannock</li> </ul>	<ul style="list-style-type: none"> <li>- Apple</li> <li>- Orange</li> <li>- Berries</li> <li>- Banana</li> <li>- Melon</li> <li>- Pineapple</li> <li>- Kiwi</li> <li>- Dried fruit</li> </ul>	<ul style="list-style-type: none"> <li>- Milk</li> <li>- Yogurt</li> <li>- Soy beverage</li> <li>- Kefir</li> </ul>	<ul style="list-style-type: none"> <li>- Broccoli</li> <li>- Carrots</li> <li>- Tomatoes</li> <li>- Cucumber</li> <li>- Mushrooms</li> <li>- Peas</li> <li>- Zucchini</li> <li>- Lettuce</li> </ul>	<ul style="list-style-type: none"> <li>- Chicken</li> <li>- Fish</li> <li>- Beef or pork</li> <li>- Moose</li> <li>- Nuts/seeds</li> <li>- Beans</li> <li>- Eggs</li> <li>- Cheese</li> <li>- Tofu</li> </ul>	<ul style="list-style-type: none"> <li>- Olive oil</li> <li>- Butter</li> <li>- Margarine</li> <li>- Mayonnaise</li> <li>- Salad dressing</li> <li>- Avocado</li> </ul>
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### Portions

Your fist is about the size of 1 cup. This is 2 servings for most grain products. Rice has more starch and 1 cup is 3 servings.



Your fist is the same size as most pieces of fruit, which is one serving. ¼ cup is the serving for dried fruit.



The size of your fist equals 1 cup, which is one serving of milk. For most yogurt, ½ cup is one serving.



Aim to have as much as you can hold in both your hands.



One serving of meat is the size of your palm, and as thick as your pinky.



One serving of fat is 1 tbsp, which is the size of the tip of your thumb



It is recommended that men have 3-4 servings of foods that effect blood sugar at each meal, or 9-11 servings each day. For women, it is recommended to have 2-3 servings of foods that effect blood sugars at each meal, or 7-9 servings each day. Balanced snacks have 0-1 servings of foods that effect blood sugar.