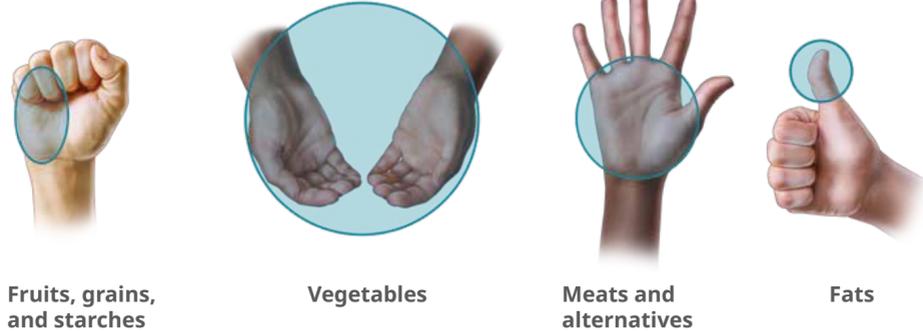


Estimating Portion Sizes

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



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	0 %
Carbohydrate / Glucides 36 g	
Fibre / Fibres 6 g	24 %
Sugars / Sucres 22 g	22 %
Protein / Protéines 2 g	
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

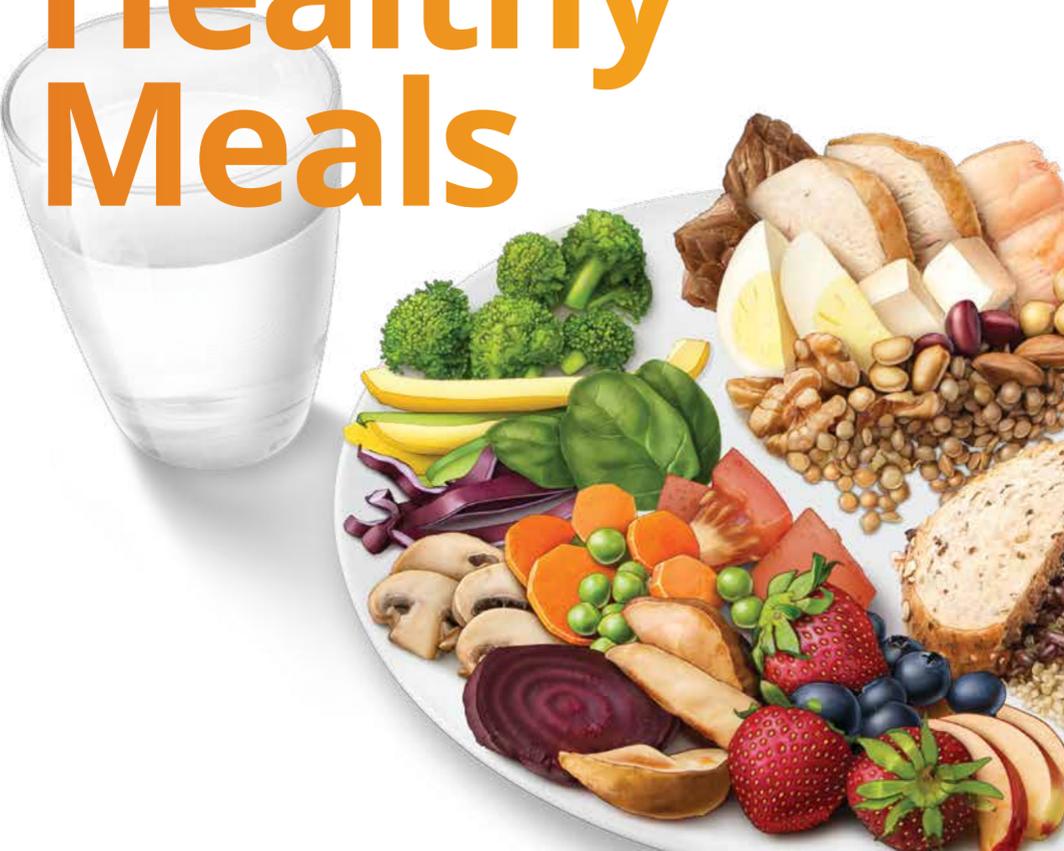
Using a log to capture how your plan is working can be helpful

Making a plan

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

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/diabetescanadawebsite/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 Choices¹⁻⁴



DO

- plan your meals
- grocery shop in the outside aisles
- choose lean proteins (plant-based more often), whole grains, fruits, and vegetables
- cook more often
- choose water

AVOID

- food high in sugar, saturated fat, and salt
- distractions while eating
- the influence of food advertising

For more information, visit Canada's Food Guide at food-guide.canada.ca/en/

