

# Table of Contents

---

1. Getting Started ..... 1  
    • Diabetes Facts ..... 8

## Carbohydrate containing foods:

2. Grains & Starches ..... 11  
    • The Glycemic Index ..... 20  
    • Fibre ..... 22

3. Fruits ..... 27

4. Milk & Alternatives ..... 35

5. Other Choices ..... 39  
    • Sugars & Sweeteners ..... 42

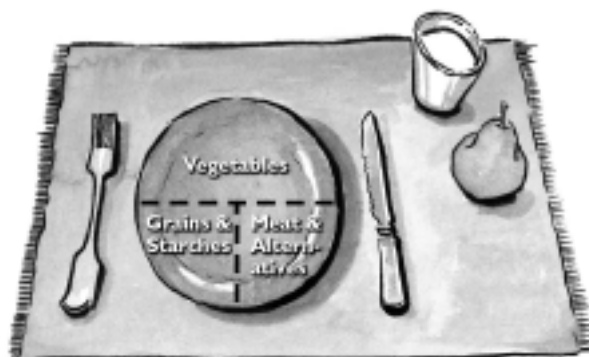
## Foods that contain little or no carbohydrate:

6. Vegetables ..... 47

7. Meat & Alternatives ..... 53

8. Fats ..... 61

9. Extras ..... 67



10. Healthy Lifestyle .....	71
• Carbohydrate Counting – Easy as 1, 2, 3 .....	71
• Physical Activity and Type 2 Diabetes – Pack in some action .....	74
• Recipe Makeover – Cooking smart .....	82
• Reading Labels – A tisket, a tasket, a healthy grocery basket .....	88
11. Managing Your Care .....	95
• Hypoglycemia – How low can you go? .....	95
• When You Are Sick – Sneezes, wheezes, and more .....	98
• A Guide to Being Hospitalized .....	101
12. Celebrations .....	107
• Eating Out – What’s on the menu? .....	107
• Alcohol + Diabetes – Is alcohol a choice for me? .....	113
13. Special Populations .....	117
• Aboriginal Section: The Power of Choices – Bringing balance to our health .....	117
• Children with Diabetes – Kid stuff .....	123
• Diabetes and Kidney Disease – Kidney care .....	127
• Nutrition for Seniors with Diabetes – Young at heart .....	132
• Vegetarian Eating – Beyond beans and broccoli .....	135
14. Appendix .....	141
• Resources .....	141
• Glossary of Terms .....	145
• Acknowledgements .....	149

*The material provided in this manual is intended for informational and educational purposes only and is provided with the understanding that the Canadian Diabetes Association is not engaged in providing medical service or advice. To discuss your own medical needs, please consult your healthcare professional.*