

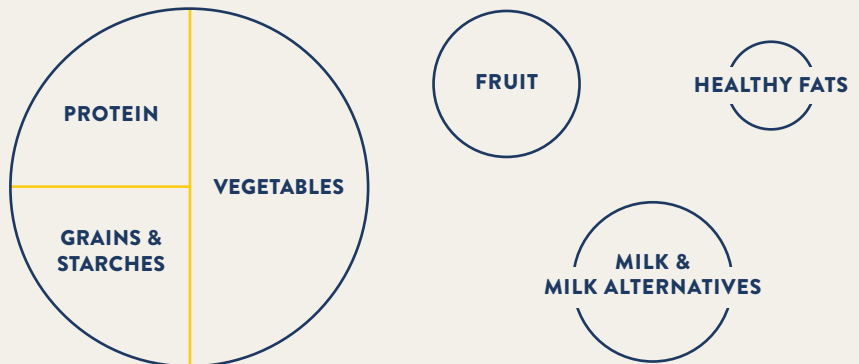


PLANT-BASED MEALS FOR PEOPLE WITH TYPE 2 DIABETES

A plant-based diet can be beneficial for both the prevention and treatment of type 2 diabetes.

HEALTHY PORTIONS

Portion sizes are important in diabetes management, especially for foods containing carbohydrates (for example, fruit, grains and starches). Here are some handy portion guidelines:



GRAINS & STARCHES

Choose an amount the size of your fist



VEGETABLES

Choose an amount that is as much as you can hold in two hands



MILK & MILK ALTERNATIVES

Drink up to 1 cup (250 ml) with a meal



PROTEINS

Choose an amount the size of the palm of your hand



FRUITS

Choose an amount the size of your fist



HEALTHY FATS

Choose an amount the size of the tip of your thumb

It's best to spread meals and carbohydrates evenly throughout the day for optimal blood sugar management.

THE POWER OF FIBRE

The fibre found in many plant-based foods is an important tool in blood sugar management. Because fibre is digested slowly, it helps slow the release of glucose (sugar) into the blood stream. This leads to more stable blood sugar levels and a slower rise in blood sugars.

Foods high in fibre include whole grains, nuts, seeds, pulses (like beans, chickpeas and lentils), vegetables and fruits.

FIBRE AND BLOOD SUGARS



BUILDING A PLANT-BASED MEAL

To build a healthy, plant-based meal for diabetes, choose one food from each column.

GRAINS & STARCHES*

Barley
Brown rice
Bulgur
Farro
Millet
Oats
Potatoes
Quinoa
Whole grain cereal
Whole wheat bread
Whole wheat pasta
Whole wheat roti
Wild rice

* Adjust portion size based on your individual carbohydrate needs

PLANT-BASED PROTEINS

Black beans
Chickpeas
Fava beans
Kidney beans
Lentils
Lima beans
Mung beans
Navy beans
Pinto beans
Tempeh
Tofu

VEGETABLES

Asparagus
Beets
Bok choy
Broccoli
Carrots
Cauliflower
Celery
Collard greens
Cucumber
Eggplant
Green beans
Kale
Mushrooms
Okra
Onion
Peppers
Salad greens
Squash
Tomatoes
Zucchini

FRUITS*

Apple
Banana
Blackberries
Blueberries
Cherries
Dragon fruit
Grapefruit
Kiwi
Mango
Melon
Nectarine
Orange
Peach
Pineapple
Plum
Raspberries
Strawberries

* Adjust portion size based on your individual carbohydrate needs

MILK ALTERNATIVES*

Almond beverage
Cashew beverage
Coconut beverage
Oat beverage
Rice beverage
Soy beverage

* Ensure your plant-based beverage is fortified with calcium and vitamin D

HEALTHY FATS*

Avocado oil
Canola oil
Flaxseed oil
Olive oil
Peanut oil
Non-hydrogenated margarine
Almonds or almond butter
Chia seeds
Ground flax
Hemp hearts
Peanuts or peanut butter
Pumpkin or sunflower seed butter
Walnuts

* Eating healthy fats in moderation and as part of a balanced diet.



MY MEAL IDEAS



GRAINS & STARCHES

PLANT-BASED PROTEINS

VEGETABLES

FRUITS

MILK ALTERNATIVES

HEALTHY FATS

BREAKFAST

SNACK

LUNCH

SNACK

SUPPER

SNACK



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