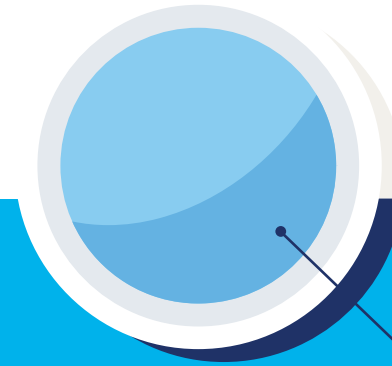
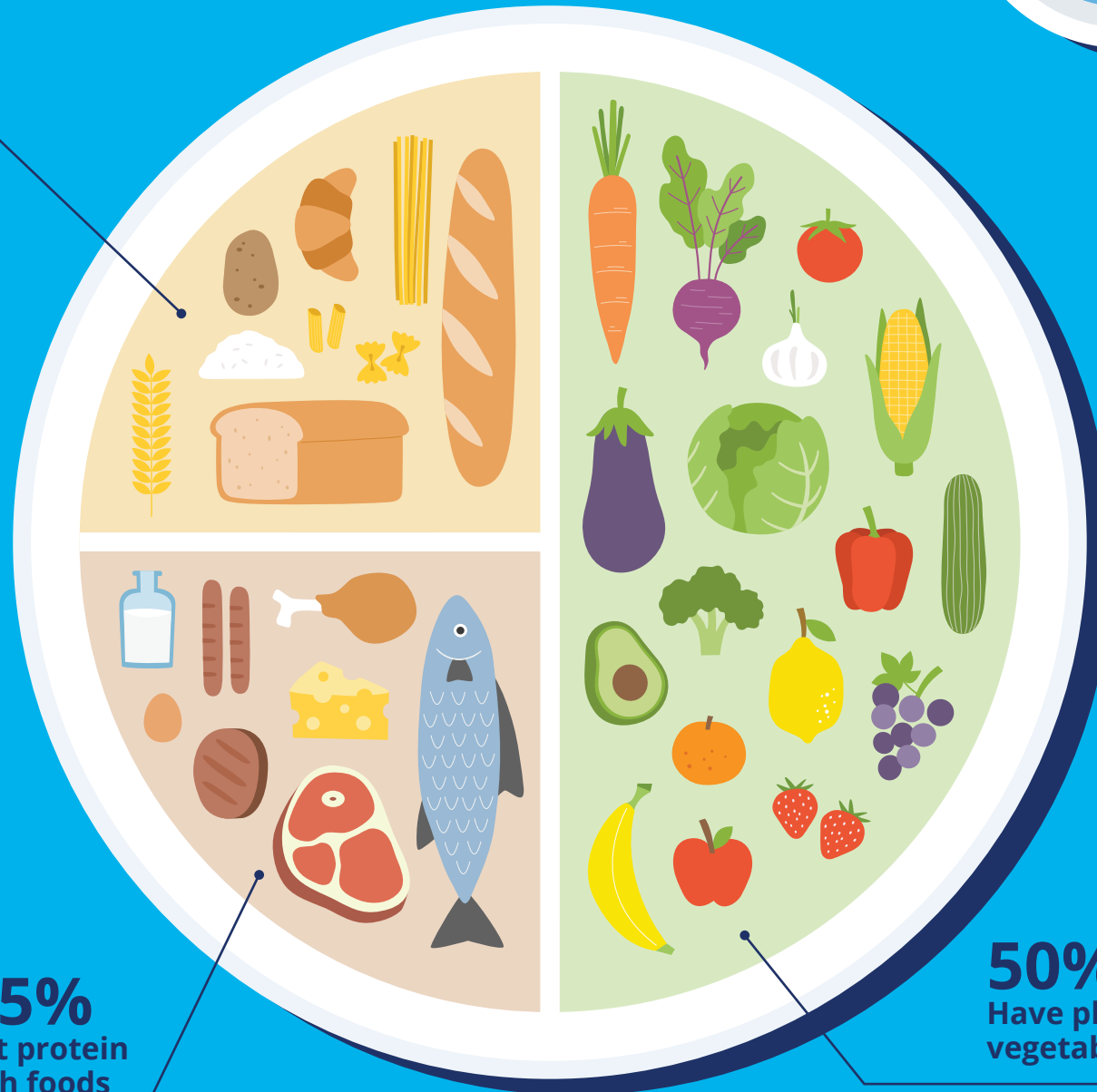


Canada's Food Guide suggests filling half your plate with vegetables and fruits. People with diabetes should choose more vegetables than fruit because most vegetables have less sugar. Divide the other half of your plate between  $\frac{1}{4}$  protein and  $\frac{1}{4}$  whole grains and starchy vegetable foods.



Make water your drink of choice

**25%**  
Choose whole grain foods



**i Weighing the benefits**

Portion size is an important part of weight management, which in turn can help lower your blood sugar levels and reduce your risk of other health problems. Be sure to talk to your health care team about the right approach for you.



**25%**  
Eat protein rich foods

**50%**  
Have plenty of vegetables and fruits

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# Weekly Meal Planner



Download and print more copies of your weekly meal planner. [dbts.ca/mealplanner](http://dbts.ca/mealplanner)

|           | Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|-----------|--------|--------|---------|-----------|----------|--------|----------|
| Breakfast |        |        |         |           |          |        |          |
| Lunch     |        |        |         |           |          |        |          |
| Dinner    |        |        |         |           |          |        |          |
| Snacks    |        |        |         |           |          |        |          |

## HOW TO PACK A HEALTHY SNACK



**1 medium-sized apple or orange**

Foods like fruits that are high in fibre may help you feel fuller.



**½ cup of low-fat yogurt with ½ cup of strawberries**

It's important to regularly incorporate sources of protein like yogurt into your diet.



**3 cups of plain popped popcorn**

Popcorn is low in both calories and sugar, making it a great snack option.



**1 slice whole grain bread with peanut butter**

The protein in the peanut butter helps slow the release of the sugar (carbohydrate) from the bread and makes this a well-balanced snack.



**1 cup of cantaloupe or blueberries**

Fruits like these, which are lower on the Glycemic Index, should be chosen more often.



**5-6 whole grain crackers with 2 tbsp hummus**

Including sources of protein (e.g., hummus) and fibre (e.g., whole grains) helps to make you feel satisfied