

# Take the Fight out of Food!



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## Managing a Condition: Sigh! How can I manage my diabetes?



Tim

This is Tim. He's 58 years old and has type 2 diabetes. Sometimes he struggles when making food choices because he's unsure how certain foods affect his blood sugar levels. He particularly has trouble when he's eating at restaurants or in a food court. He knows he needs to make some changes in his diet, but is unsure where to start. He tries the three-step approach:

### Spot the problem.

Tim says "I have diabetes, and I'm overwhelmed by everyday food decisions at home or when eating out."

### Get the facts.

To learn more about diabetes, Tim starts his research on the Canadian Diabetes Association website at [www.diabetes.ca](http://www.diabetes.ca). He learns that he can live a long and healthy life by managing his diabetes. Management of diabetes includes:

- Eating well
- Being physically active
- Monitoring blood sugar levels
- Taking medications as prescribed

### Dietitian Pro Tip



**Laurie Barker  
Jackman**  
RD

- Food is a key component in managing diabetes, so having a dietitian as a part of your care team will help you achieve your health goals.
- There is not a simple one-diet-fits-all approach. A dietitian can work with you to meet your individual goals.
- Portions are usually larger than we need when dining out. Divide your meal and take leftovers home to enjoy for another meal or split with your dining companion.

Find a dietitian in your area:  
[www.dietitians.ca/find](http://www.dietitians.ca/find)

### Try This!



**Bean-Stuffed  
Cabbage Rolls**



**Indian Spiced  
Lentils**



**Spiced Yogurt  
Chicken Tikka**



**Spicy Avocado  
Hummus**

Find all 12 feature recipes at  
[www.NutritionMonth2017.ca](http://www.NutritionMonth2017.ca)



Track eating and activity on the go with **eaTracker**.  
Get inspired with recipe ideas from **Cookspiration**.



# Managing a Condition<sup>!</sup> (e.g. diabetes):

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## Get the facts (cont'd).

- Managing stress
- Keeping blood sugar levels in the target range set with his health care team.

Tim didn't seek any nutrition advice for diabetes because he was afraid it meant giving up foods he loved. But as he reads more about nutrition and diabetes, he understands that a dietitian can help him fit his favourite foods into his eating routine. He also finds out that planning meals doesn't need to be complicated. Following a few basic tips may be all he needs.

He reads about the "Plate Method" as a practical way to figure out portion sizes and food choices when dining out.

After getting the facts, he is curious to learn more from a dietitian.

## Seek support.

Tim learns that he can call the Canadian Diabetes Association at 1-800-BANTING (226-8464) to ask questions about diabetes. He already has a doctor, but since most diabetes care plans include a team approach, he will work with a dietitian too. He can find a dietitian at a local diabetes clinic or at [www.dietitians.ca/find](http://www.dietitians.ca/find).

**EatRight Ontario** can answer your diabetes questions, give you a menu plan and send you guides for weight loss, high blood pressure and cholesterol. For free nutrition advice, call 1-877-510-5102 or send an email at [eatrightontario.ca/email](mailto:eatrightontario.ca/email).

## Take the Fight out of Food!

Eating should be joyful, not a source of everyday frustration and confusion. If you're fighting with food, try this three-step approach:

### 1. Spot the problem.

Define what's causing your fight with food first.

### 2. Get the facts.

Use facts from credible sources to decide what needs to be done to solve the problem.

### 3. Seek support.

Put the plan into action with support from a dietitian, family and friends.

Find all 5 fact sheets at  
[www.NutritionMonth2017.ca](http://www.NutritionMonth2017.ca)

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