

## Appendix 14: Healthy Eating and Diabetes

Food is the key to managing diabetes and reducing the risk of heart attack, stroke, and other problems. There are many things you can do to change or improve your diet, and this appendix will give you some tips on healthy eating. Remember to avoid trying to change too many things at once.



Here is a summary of the topics covered in this section:

- Canada's Food Guide
  - Eat a variety of foods each day
    - Fill  $\frac{1}{2}$  of your plate with vegetables and fruit
    - Fill  $\frac{1}{4}$  of your plate with whole grain foods
    - Fill  $\frac{1}{4}$  of your plate with protein foods
  - Healthy eating habits
  - Ideas on how to teach Canada's Food Guide
- Other healthy eating tips for people with diabetes
  - Portion size
  - Choose healthy carbohydrates
    - Fibre
  - Choose whole foods and less highly processed foods
    - Sodium
  - Limit sugars and sweets
    - Sugar
    - Sweeteners
    - Sugar alcohols
  - Space out your meals
  - Choose unsaturated fats instead of saturated fats
  - Drink water
    - Sweetened beverages and fruit juices
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- Food labels
  - Nutrition facts table
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- Healthy eating off the land and water



## CANADA'S FOOD GUIDE – EAT WELL. LIVE WELL.

Individuals with diabetes should be following the same healthy eating guidelines as the general population as outlined in Canada's Food Guide.



### Vegetables & Fruit KEY MESSAGES:



- **Fill ½ your plate with vegetables and fruits**
- Have plenty of vegetables and fruits
- Include vegetables and fruit at each meal and snack
- People with diabetes should choose more vegetables than fruit because most vegetables have less sugar and less carbohydrates
- People with diabetes can eat large amounts of vegetables (except for potatoes and corn) without affecting their blood glucose levels
- Vegetables and fruit have lots of fibre which helps control blood glucose levels and helps to lower cholesterol levels
- Eating a diet high in vegetables and fruit reduces your risk of heart disease and of some types of cancer
- Choose vegetables and fruit prepared with little or no added fat, sugar or salt
- Fresh, frozen and canned vegetables and fruit are all healthy choices
- Choose vegetables and fruit instead of juice
- Avoid deep frying, pan frying, or adding lots of cream sauces, butter, margarine or oil to your vegetables



### Whole Grain Foods KEY MESSAGES:



- **Fill ¼ of your plate with whole grain foods**
- Make at least half of your grain products whole grain each day
- Choose grain products that are lower in fat, sugar and salt
- Whole grains are high in fibre
- Whole grain intake is associated with a lower risk of cardiovascular disease, colon cancer, and type 2 diabetes

## Protein Foods KEY MESSAGES:



- **Fill ¼ of your plate with protein foods**
- Among protein foods, consume plant-based more often
- Replace saturated fat foods with unsaturated fat foods
- Protein helps build and maintain strong muscles, bones, and strengthens your immune system
- Protein has little effect on blood glucose levels and should be included in moderation at each meal to help to control your appetite

See **Appendix 15** for a copy of the ‘Grocery Store Tour: Key Messages!’ handout and **Appendix 16** for a copy of Grocery Store Tour Guide.

For an electronic copy of Canada’s Food Guide, resources, recipes and other information on the food guide, visit: <https://food-guide.canada.ca/en/>

The food guide snapshot is available in many different languages. Visit the website to see what languages the food guide snapshot is available in and to order copies. <https://www.canada.ca/en/health-canada/services/canada-food-guide/resources/snapshot/languages.html>

## **Healthy Eating Habits**

Healthy eating is more than the foods you eat. It is also about where, when, why and how you eat.

### **Be mindful of your eating habits**

- Take time to eat
- Notice when you are hungry and when you are full
- Create a healthy eating environment
- Pay attention to the aromas, textures, flavours and taste of food

### **Cook more often**

- Plan what you eat
- Involve others in planning and preparing meals
- Become a batch cook
- Keep healthy options and ingredients on hand
- Try healthy cooking methods such as baking, grilling, broiling, roasting, steaming or stir frying

## **Enjoy your food**

- Culture and food traditions can be a part of healthy eating
- Try new foods
- Enjoy your food by making choices that reflect taste, culture, budget and lifestyle
- Create a positive eating environment

## **Eat meals with others**

- It is a great way to connect to family and friends
- Schedule in eating with others – it does not just happen on its own
- Is a great opportunity to bring family together
- It has many health and social benefits for children and youth
- It has many health and social benefits for seniors, as they can often feel alone and isolated especially at meal times

For more information on healthy eating habits, visit Health Canada's website at:  
<https://food-guide.canada.ca/en/healthy-eating-habits/>

## **Ideas on How to Teach Canada's Food Guide**

Below are examples of how you can teach Canada's Food Guide. These activities can be done with any age group – from preschoolers to Elders. You may need to tailor your activity depending on your target audience.

### **Explore The Possibilities of Food through Canada's Food Guide**

**Materials:** Printed copies of Canada's Food Guide

#### **Instructions:**

1. Start a discussion about the different types of food seen on the plate of Canada's Food Guide. Share that the foods are divided into three food groupings: Vegetables and Fruit; Whole Grain Foods; and Protein Foods.
2. Ask the following questions about the foods on the plate:
  - a. What vegetables and fruit do you see on the plate that you recognize?
  - b. What vegetables and fruit do you see on the plate that you don't recognize?
  - c. What protein foods do you see on the plate that you recognize?
  - d. What protein foods do you see on the plate that you do not recognize?
  - e. What whole grain foods do you see on the plate that you recognize?
  - f. What whole grain foods do you see on the plate that you do not recognize?
  - g. What foods on the plate have you tried before?
  - h. What foods on the plate do you really like the taste of?
  - i. What foods on the plate come from animals?
  - j. What foods on the plate are crunchy?
  - k. Are there any foods that you do not see on the plate?
  - l. What foods on the plate do you typically eat for breakfast?
  - m. What foods on the plate do you typically eat for lunch?
  - n. What foods on the plate do you typically eat for dinner?
3. Ask the following questions about the messages on the back of the food guide:
  - a. What does it mean to be mindful of our eating habits? (listening to our bodies for cues that it is hungry, or full, paying attention to how our food tastes, smells, feels when we eat it.)
  - b. How does your body tell you that it is hungry?
  - c. How does your body tell you that it is full?
  - d. Who does the cooking at your home?
  - e. Do you ever help with the cooking at home?
  - f. Do you enjoy eating? Why or why not?
  - g. Is there a cultural food that your family eats? If so, what is it?
  - h. Who do you usually eat your meals with at home?
  - i. What do you usually talk about during meals?

### **Healthy Foods Placemat:**

**Materials:** heavy stock legal-sized paper for each participant, pencil crayons, access to a laminator

**Instructions:**

1. Ask participants to think of healthy foods that they enjoy eating.
2. Remind participants to choose foods that fit within Canada's Food Guide.
3. Have participants draw and color these foods on their sheet of paper.
4. If available, laminate each placemat so that the participants can use it during meals and snacks.

### **Who Am I?**

**Materials:** pictures of foods from Canada's Food Guide (1 picture per participant), tape

**Instructions:**

1. Tape a food picture on each participant's back. Make sure they do not peak.
2. Participants must guess what food they are by only asking yes/no questions.
3. Participants continue to ask questions until they guess who they are.

Example of questions to ask:

- Am I a fruit?
- Am I red?
- Do I come from an animal?
- Do you eat me with a spoon?
- Am I corn?

**Variation:** You can play this game by having one person choose a picture of a food and the other participants take their turn asking the selected participant a yes/no question about their food. The person who correctly guesses the food becomes the person who chooses the next picture of a food.

## OTHER HEALTHY EATING TIPS FOR DIABETES

### Portion Size

The amount of food you eat is important for diabetes management. Portion sizes are different for everyone, so what is right for someone else might not be right for you.

Use the plate model (8" plate) to help you with portion sizes. Follow the recommendations provided in Canada's Food Guide:

- Fill  $\frac{1}{2}$  of your plate with vegetables and fruits – include more vegetables since they are lower in sugar
- Fill  $\frac{1}{4}$  of your plate with whole grain foods such as rice, bread, pasta and bannock
- Fill  $\frac{1}{4}$  of your plate with protein foods such as beans and lentils, fish, wild meats, nuts and chicken

Portion size is an important part of weight loss. If you are overweight or obese, weight loss is the most important and effective way to help normalize blood glucose levels and reduce your risk of other health problems.



## Choose Healthy Carbohydrates

Carbohydrates get broken down into glucose in the body, which gets absorbed into the blood. All carbohydrates will affect your blood glucose levels, but it is a myth that people with diabetes are not “allowed” to eat carbohydrates. Carbohydrates are needed in the diet, as they are the body’s preferred source of energy. What and how many carbohydrates you eat is important. Include healthy carbohydrates in your diet for good health.

### Carbohydrates come from

- All fruit and some vegetables including corn, potatoes and sweet potatoes
- Grain foods such as bread, bannock, pasta, rice, cereal and noodles
- Milk and yogurt
- Brown beans
- Sweets such as candy, pop, cake, cookies and pastries



Other foods have very little amounts of carbohydrates such as all other vegetables, cheese, wild and farmed meats, fish, chicken, eggs, peanut butter and fats and oils such as butter, margarine, canola and olive oil and will only have a small effect on blood glucose levels.

## **Fibre**

Fibre is the part of the plant that we cannot digest. People living with diabetes should aim for **25-50 grams** of fibre per day!

### Benefits of fibre

- Controls blood glucose levels
- Decreases cholesterol levels
- Decreases the risk of cardiovascular disease
- Keeps individuals full longer and therefore helps with weight loss
- Helps to prevent constipation by regulating bowel movements



Foods high in fibre include fruits and vegetables with the skin, berries, beans, legumes, psyllium, barley, oat products, wheat bran and whole grain cereal products.



## How to increase fibre in the diet

- Increase the amount of fibre slowly and drink plenty of water to avoid discomfort and gas
- Eat more legumes such as dried peas, beans and lentils - they can be added to soups and casseroles
- Many nutrients, including fibre are found in the peel of your vegetables and fruit
- When possible, keep the peel on your vegetables (cooked carrots, potatoes, sweet potatoes) and fruit (raw apples, pears, kiwis)
- Breakfast is a good time to boost fibre intake
- Choose high fibre cereals
- Choose whole grain breads, pasta and crackers
- Use whole wheat/grain flour when baking
- Choose brown or wild rice
- Read food label to find high fibre foods



## Choose Whole Foods and Less Highly Processed Foods

Limit highly processed foods and beverages that are high in sodium, sugar, and/or saturated fat. Eating too many of these foods can increase the risk of chronic diseases like heart disease, certain types of cancer and can affect your mental health.

Some examples of highly processed foods are cookies, chips, instant noodles, packaged macaroni and cheese, pop and candy.



## **Sodium**

Sodium is found in salt. All types of salt are high in sodium and have about the same amount of sodium as table salt. These include: Kosher salt, sea salt, fleur de sel, gourmet salt and smoked salt. They are not healthier choices.

Sodium is an essential nutrient and we need a small amount of sodium to maintain health. However, in 2017, 58% of Canadian adults and 72% of Canadian children between the ages of 4 and 13 years consumed sodium above the recommended limits. The recommended limits for sodium is no more than 2,300 mg daily for individuals 14 years and older; 2,200 mg daily for teens 9-13 years old; 1,900 mg daily for kids 4-8 years old; and 1,500 mg daily for kids 1-3 years old.

Eating too much sodium can be harmful to our health. For some people, eating too much sodium causes high blood pressure, which is a risk factor for cardiovascular diseases.

In 2017, the main contributors (approximately 77%) of sodium in Canada were bakery products, mixed dishes, processed meats, cheeses, soups, sauces, dips, gravies, and condiments. Another 11% of the sodium we consume is added during preparation (5% added during cooking and 6% added at the table). The other 12% of sodium is naturally found in foods.

### Tips for getting less sodium in your diet

- Eat fresh vegetables and fruit for snacks instead of packaged foods
- Rinse canned vegetables with cold water to wash away some of the salt
- Choose frozen and canned vegetables with no added salt
- Choose low sodium vegetable and tomato juices
- Cook pasta, rice, quinoa and barley in unsalted water
- Try unsalted butter or margarine with your bread
- Read the nutrition facts table and choose breads, cereals and bakery products that are lower in sodium
- Choose yogurt or lower sodium cottage cheese
- Buy unseasoned meat, poultry, fish, seafood and tofu
- Choose unsalted nuts
- Buy low sodium canned beans or try dried beans, peas, and lentils
- Flavour fish, tofu or meat with lemon or pepper instead of adding salt, sauces or gravy
- Taste your food before adding salt
- Do not put the salt shaker on the table while eating your meal



### Use your ADI resources to teach this concept!

**Salt test tubes** (picture provided) has been provided to every Manitoba ADI community program. Look for your salt test tubes and use it to teach community members and workers about how much salt is found in a variety of different foods.

Should you not have this resource, contact one of the ADI FNIHB team members. Refer to Appendix 11 for a full list of resources provided to the ADI community programs.

## **Limit Sugars and Sweets**

Limit sugars and sweets such as regular pop, fruit juices, desserts, candies, jam and honey. The more sugar you eat, the higher your blood glucose will be.



## **Sugars**

Sugars are carbohydrates that affect your blood glucose, weight and blood fats. People with controlled diabetes can include some added sugar in their diet. However, the effect of sugar on blood glucose levels will vary and it is important to know how sugar affects your blood glucose levels.

Canadians eat too much sugar every day. It is estimated that Canadians consume approximately 26 teaspoons of sugar per day. This is more than twice the amount of sugar that we should be eating daily.



### **Use your ADI resources to teach this concept!**

**Sugar test tubes** (picture provided) has been provided to every Manitoba ADI community program. Look for your sugar test tubes and use it to teach community members and workers about how much sugar is found in a variety of different foods and drinks.

Should you not have this resource, contact one of the ADI FNIHB team members. Refer to Appendix 11 for a full list of resources provided to the ADI community programs.

## TEACHING ACTIVITY:

Below is an example of how you can teach about how much sugar is found in different beverages. This can be done with a variety of groups of people – children, teens and/or adults.

*Key message: Sugar is found in many different beverages we consume – even those that are considered healthy.*

### Sugar Shock!

**Materials:** Sugar cubes, empty beverage containers, plastic cups, flip chart paper and markers

### **Instructions:**

1. Split the participants into 2 teams. Have each team come up with a name.
2. Write each name on a flip chart paper, which will be used as the score board.
3. Each team selects a 'bidder' who acts with the guidance of his or her team.
4. The facilitator holds up an empty beverage container and asks how many sugar cubes are in the serving size of that beverage.
5. The bidder places sugar cubes in a clear glass to represent his or her team's guess for the sugar content of the beverage.
6. The facilitator reveals the answer, and the team that is the closest to the correct amount gets the points (the actual amount of sugar in the beverage). Double the points if the team guesses exactly right.
7. The team with the most points at the end of the game wins.

### Answer sheet:

| Beverage                 | Size         | # of teaspoons of sugar |
|--------------------------|--------------|-------------------------|
| Milk                     | 2 cups       | 6                       |
| Chocolate milk           | 1 cup        | 7                       |
| Pepsi/coke               | 1 can        | 9                       |
| V8                       | 354 ml       | 3                       |
| Sunny D                  | 500ml bottle | 14                      |
| Apple juice, unsweetened | 341 ml       | 9                       |
| Powerade                 | 710 ml       | 15                      |
| Water                    | 591 ml       | 0 (trick question)      |
| Pepsi/coke               | 2 L          | 54                      |

### **How to figure out how many sugar cubes (or teaspoons) in different beverages:**

1. Look at the food label.
2. Take the grams of sugar and divide them by 4
3. That will give you the number of teaspoons of sugar in 1 serving

Example: If a label says it has 40 grams of sugar per serving  
 $40/4 = 10$  teaspoons or sugar cubes in that serving!

## Sweeteners

Sweeteners are attractive alternatives to sugar because they add virtually no calories to your diet. In addition, you need only a fraction compared with the amount of sugar you would normally use for sweetness.

Sweeteners are widely used in processed foods, including baked goods, soft drinks, candy, puddings, jams and jellies, dairy products, and many other foods and beverages. Sweeteners are also popular for home use and can even be used in baking or cooking. Certain recipes may need modification because artificial sweeteners provide no bulk or volume, whereas sugar does provide bulk and volume.

Health Canada has approved the following sweeteners as safe if taken in amounts up to the Acceptable Daily Intake (ADI):

- Acesulfame Potassium
- Aspartame (Equal, NutraSweet)
- Cyclamate (Sugar Twin, Sweet n' Low, Sucaryl)
- Erythritol
- Neotame
- Saccharin (Hermesetas)
- Sucralose (Splenda)
- Tagatose
- Thaumatin

## Sugar alcohols

Sugar alcohols are neither sugars nor alcohols. Small amounts are found naturally in fruits and vegetables and they can also be manufactured. They are only partly absorbed by your body, have fewer calories than sugar and have no major effect on blood glucose levels. However, eating too many sugar alcohols a day may lead to side effects such as gas, bloating or diarrhea. Check product labels for the number of grams of sugar alcohols per serving.

Sugar alcohols approved for use in Canada include:

- Lactitol
- Xylitol
- Maltitol
- Mannitol
- Sorbitol
- Isomalt
- Erythritol

For more information, or to order resources on artificial sweeteners and sugar alcohols, visit the Diabetes Canada website at: <https://www.diabetes.ca/diabetescanadawebsite/media/managing-my-diabetes/tools%20and%20resources/sugars-and-sweeteners.pdf?ext=.pdf>

## **Space Out Your Meals**

Eat three meals per day at regular times and space your meals no more than six hours apart. Eating at regular times helps your body control blood glucose levels. It also helps to try to eat about the same amount of food at each meal, especially carbohydrates. Having too many carbohydrates at a meal may cause your blood glucose level to go too high, and not enough carbohydrate may cause your blood glucose to go too low, depending on the type of diabetes medication you take.

## **Choose Unsaturated Fats Instead of Saturated Fats**

Fat is essential to your health because it supports a number of your body's functions and helps our body grow and develop. Some vitamins, such as vitamin A, D, E and K, must have fat to dissolve so they can be used by your body. Fat adds taste to our food and helps you feel full longer. It is the main form of stored energy.



There are different types of fat. The type of fat you eat over time is more important for health than the total amount of fat you eat. Canada's Food Guide recommends that you limit foods high in saturated fat and replace them with foods that have unsaturated fats to help lower the risk of heart disease.



### **Saturated fats**



Saturated fats can increase your bad cholesterol level and your risk of heart disease. Choose foods with saturated fat less often.

Saturated fats are found in foods like butter, cheese, red meat, cakes, pastries, deep fried foods, palm oil, coconut oil, lard and shortening.

### **Unsaturated fats**

Unsaturated fats are good for your health. Replacing foods that are higher in saturated fats with foods that are higher in unsaturated fats will help by decreasing your bad cholesterol and possibly decreasing your risk of heart disease.



Unsaturated fats are found in foods like avocado, nuts, seeds, fatty fish such as trout, mackerel, salmon, herring and vegetable oils such as olive, canola, corn, soybean, safflower and sunflower oil.

## **Drink Water**

Canada's Food Guide recommends water as the beverage of choice to support health and promote hydration without adding calories to the diet. Drinking regular pop and fruit juice will raise your blood glucose.



Water is vital for life. Adequate water intake is based on the total amount of water required to prevent the effects of dehydration. How much water you need in a day depends on many factors including your level of activity, your health and where you live.

Lack of water can lead to dehydration, a condition that occurs when you do not have enough water in your body to carry out normal functions. Even mild dehydration can drain your energy and make you tired. Most Canadians consume enough water to meet their hydration needs.

## **Sweetened beverages and fruit juices**



Sweetened beverages and fruit juices have been associated with a higher risk of dental decay in children. In addition, they have been associated with an increased risk of weight gain, overweight and obesity, and type 2 diabetes in children and adults.

Sweetened beverages contain added sugars such as sucrose or fructose, often in large amounts, which contribute to the overall energy density of diets. The calories provided by these beverages have little nutritional value and may not provide the same feeling of fullness that solid food provides. As a result, total energy intake may increase which can lead to unhealthy weight gain.

For a healthy choice, choose whole fruit and vegetables and unsweetened milk instead of sweetened beverages and fruit juice.

## **Energy drinks**

Energy drinks claim to stimulate, energize, improve alertness and delay fatigue to people drinking them. However, this claim has not been scientifically proven.



Most energy drinks contain too much caffeine and sugar and therefore children, adolescents and pregnant women should not consume energy drinks.

Instead of choosing an energy drink when you are thirsty, have water or milk. If you are feeling tired choose a healthy snack such as vegetables and dip, fresh fruit, yogurt or a cheese string and make sure to get plenty of good quality sleep every night.

## Alcohol and diabetes

Check with your doctor to make sure alcohol does not interfere with your medications or complicate any of your medical conditions. Drinking alcohol can lead to serious low blood glucose reactions, especially if you take insulin or certain types of diabetes pills. Depending on the alcohol and mix you choose, drinking alcohol can lead to high blood glucose levels.

Alcohol can affect other medical conditions you may have, like nerve damage, diabetic eye disease, and high blood triglycerides (cholesterol). Excess alcohol consumption has been linked to many types of cancer, high blood pressure and liver disease.

### AVOID alcohol if you

- Are pregnant, trying to get pregnant or breastfeeding
- Have a personal or family history of drinking problems
- Are planning to drive
- Are taking certain medications
- Have uncontrolled diabetes

### Too much alcohol can lead to

- Addiction
- Increased injuries and death
- Affected judgement
- Sexual difficulties
- Damaged brain and nerves

### For all adults, alcohol consumption should be limited to

- Two or less standard drinks per day for women and
- 10 or less standard drinks per week for women
- Three or less standard drinks per day for men and
- 15 or less standard drinks per week for men

Examples of standard alcoholic drinks:

Beer – 341 ml (12 oz)  
Table wine – 142 ml (5 oz)  
Spirits – 43 ml (1.5 oz)

People who do not consume alcohol should not be encouraged to start drinking. If you choose to drink alcohol, use alcohol respectfully.

For more information on alcohol and diabetes visit the Diabetes Canada website at:  
<https://www.diabetes.ca/DiabetesCanadaWebsite/media/Managing-My-Diabetes/Tools%20and%20Resources/alcohol-and-diabetes.pdf?ext=.pdf>



## FOOD LABELS

Food labels provide information you can use to make informed choices about foods and drinks at the grocery store and at home. Food labels can help you:

- Compare and choose products more easily
- Know what ingredients a food product contains
- Choose products with a little or a lot of the nutrients that are of interest to you

### How to Use Food Labels

Different types of information may be available on food packages. This information can help you make informed choices about healthy foods.

### Nutrition Facts Table

The Nutrition Facts table provides information on serving size, calories, certain nutrients and % Daily Value (% DV) on core nutrients in a defined serving of food. The % DV can be used as a guide to show you if the prepackaged food has 'a little' or 'a lot' of a nutrient.

- 5% DV or less is 'a little'
- 15% DV or more is 'a lot'

## Using the Nutrition Facts Table: % Daily Value

### How to CHOOSE

The Nutrition Facts table gives you information on calories and 13 core nutrients. Use the amount of food and the % Daily Value (% DV) to choose healthier food products.

Follow these three steps:

**1 LOOK at the amount of food** — Nutrition Facts are based on a specific amount of food. Compare this to the amount you actually eat.

**2 READ the % DV** — The % DV helps you see if a specific amount of food has a little or a lot of a nutrient.

5% DV or less is a **LITTLE** } This applies to all nutrients.  
15% DV or more is a **LOT** }

Yogurt

| Nutrition Facts          |               |
|--------------------------|---------------|
| Per 3/4 cup (175 g)      |               |
| Amount                   | % Daily Value |
| <b>Calories</b> 160      |               |
| <b>Fat</b> 2.5 g         | 4 %           |
| Saturated 1.5 g          | 8 %           |
| + Trans 0 g              |               |
| <b>Cholesterol</b> 10 mg |               |
| <b>Sodium</b> 75 mg      | 3 %           |
| <b>Carbohydrate</b> 25 g | 8 %           |
| Fibre 0 g                | 0 %           |
| Sugars 24 g              |               |
| <b>Protein</b> 8 g       |               |
| Vitamin A 2 %            | Vitamin C 0 % |
| Calcium 17 %             | Iron 0 %      |

## Ingredient List

Ingredients are listed in order of weight, beginning with the ingredient that weighs the most and ends with the ingredient that weighs the least. This helps Canadians identify if a food contains more of the ingredient (if it is found at the beginning of the list) and less of the ingredient (if it is found at the end of the list). It can also be particularly helpful when trying to avoid certain ingredients (such as allergens).

## Nutrition Claims

Nutrition claims includes nutrient content claims and health claims. All foods with a claim must meet certain criteria but some foods may not have a claim even though they meet the criteria.

## HEALTHY EATING OFF THE LAND AND WATER

Choose foods that are close to the way nature made them. For example, wild meats and fish, berries, wild rice, oatmeal, lentils, barley, vegetables and cooked dried beans are healthy choices. Foods that come from the land are the best choices for the body. These foods are packed with the nutrients that nature gave them and can be found close to home, and less costly than store-bought foods.

Traditional foods provide an important source of many nutrients that are often not consumed in sufficient amounts. Diets are healthier when traditional foods are consumed compared to only consuming market foods. Traditional foods are low in saturated fat, low in sodium, high in protein, high in fiber, have no added sugar or salt and are less expensive than buying prepared foods from the store. Further, consuming a traditional diet promotes physical activity through hunting, gathering, gardening and preserves the culture and traditions.



### What impact does this have on your health?

- Eating a diet low in saturated fat can reduce the risk of having a heart attack
- Eating foods that are low in sodium can help reduce blood pressure
- Eating high fibre, high protein foods can help you feel full and satisfied with fewer calories
- Eating foods with no added sugars can help you keep a healthy body weight
- Having a healthy body weight can reduce your risk of type 2 diabetes

### Tips on ways to eat off the land

- Learn to fish, or if you already know how to fish, teach somebody how to fish
- Learn to hunt and trap and/or teach somebody how to hunt and trap
- Plant your own garden, fruit trees or fruit bushes
- Pick wild berries off the land
- Raise your own chickens

### **Looking for nutrition presentations?**

The FNIHB dietitians have prepared a variety of 'Grab n' Go' presentations including many nutrition presentations. These Grab n' Go presentations include:

- A 15 minute powerpoint presentation with speaker notes
- A hands-on activity for each presentation
- Some include handouts

Contact your Tribal Diabetes Coordinator (TDC) or the FNIHB dietitians for a list of all the Grab n' Go presentations that are available. Or, visit the MFNDLC website at:

[www.mfndlc.ca](http://www.mfndlc.ca)