

**Longer Lists of foods to be used with the
BEYOND THE BASICS: MEAL PLANNING FOR HEALTHY EATING, DIABETES
PREVENTION AND MANAGEMENT
July 25, 2005**

The Canadian Diabetes Association's new meal planning guide

In recent years, new research and new medications have changed both diabetes management and diabetes education. The Association's new meal planning guide, *Beyond the Basics: Meal Planning for Diabetes Prevention and Management*, is based on the Association's Clinical Practice Guidelines and current scientific evidence.

A colourful poster is the first item produced. In spring, 2006, there will be a larger resource manual containing more information for people with diabetes.

In the meantime, the following detailed food lists, containing information from the *USDA, 2004 (Release 17)* and the *Canadian Nutrient File, 2005*, will help to provide more variety in meal planning. However, for packaged food, the Nutrition Facts table on the label is the most accurate source of information.

Please remember that *Beyond the Basics* uses household measures to identify portion sizes and thus carbohydrate content in individual servings is approximate. Those patients requiring more accurate information should be taught to read labels, and use reference books. A list of some reference books is available at http://www.diabetes.ca/Section_Professionals/ng_carbcounting_resources.asp.

FOOD GROUP: GRAINS & STARCHES

The Starch group has been renamed Grains & Starches to better reflect the foods within this group. Whenever possible, it is advisable to choose whole grains. In general, foods in the "Choose less often" category are low in fibre and have a high Glycemic Index (a scale which ranks carbohydrate-rich foods by how much they raise blood glucose levels compared to a standard food). For more information on the Glycemic Index, please go to http://www.diabetes.ca/Section_Professionals/ng_glycemic.asp.

CHOOSE MORE OFTEN:

Food Item	Serving Size	Available CHO (g)	PROTEIN (g)	FAT (g)
BREADS				
Bannock, whole grain baked	1.5 x 2.5 in	17.0	3.0	3.0
Bread, cracked wheat	1 slice (30 g)	13.2	2.6	1.2
Bread, whole wheat	1 slice (28 g)	11.0	2.7	1.2
Bread, rye	1 slice (32 g)	13.6	2.7	1.1
Bread, pumpernickel	1 slice (32 g)	13.2	2.8	1.0
Chapati, roti, prata	1 piece (44 g)	18.5	3.1	4.5
English muffin, whole grain	½ (28 g)	11.1	2.9	0.7
Pita bread, whole wheat	½ (6 inch/15 cm)	16	2.8	0.4
Tortilla, whole wheat flour	½ (10 in/25 cm)	13.3	0.8	2.2
CEREALS				
All-Bran®	½ cup (125 mL)	14.8	4.0	1.0
All-Bran Buds®	½ cup (125 mL)	17.3	4.0	1.0
Cream of wheat, cooked	¾ cup (175 mL)	19.8	2.7	0.6
Cream of wheat, dry	2 Tbsp (30 mL)	15.7	2.3	0.3
Oatbran, cooked	¾ cup (175 mL)	14.6	5.3	1.4
Oatbran, dry	1/3 cup (75 mL)	15.9	5.4	2.2
Oatmeal, cooked	¾ cup (175 mL)	16.0	4.6	1.8
Oatmeal, dry	1/3 cup (75 mL)	15.4	4.3	1.7
Red River, dry	2 Tbsp (30 mL)	15.0	3.0	0.9
Red River, cooked	½ cup (125 mL)	14.3	2.9	0.8

Shredded wheat	1 biscuit	16.4	2.4	0.3
Wheat germ	1/3 cup (75 mL)	12.9	11.0	1.9
CRACKERS				
	Serving Size	Available CHO (g)	PROTEIN (g)	FAT (g)
Melba toast, multi-fiber	7 pieces	17.4	4.4	1.1
Ryvita®, dark rye	4 pieces	14.7	3.5	0.6
Wasa®, whole grain	2 pieces	14.9	2.0	0.3
GRAINS				
Barley, pearled, cooked	½ cup (125 mL)	19.5	1.8	0.3
Barley, pearled, dry	2 Tbsp (30 mL)	15.5	2.5	0.3
Buckwheat, cooked	½ cup (125 mL)	14.5	2.8	0.5
Buckwheat, dry	2 Tbsp (30 mL)	13.3	2.4	0.6
Bulghur, cooked	½ cup (125 mL)	12.8	2.8	0.2
Bulghur, dry	3 Tbsp (45 mL)	13.4	2.9	0.3
Creamed corn	1/3 cup (75 mL)	14.3	1.5	0.4
Corn, cob	½ ear (73 g)	15.9	2.6	0.1
Corn, kernel	½ cup (125 mL)	13.6	2.1	1.3
Cornmeal, dry	3 Tbsp (45 mL)	16.1	2.0	0.4
Couscous, cooked	½ cup (125 mL)	17.1	2.9	0.1
Couscous, dry	2 Tbsp (30 mL)	15.6	2.8	0.1
Millet, cooked	1/3 cup (75 mL)	12.9	2.0	0.6
Millet, raw	2 Tbsp (30 mL)	16.1	2.8	1.1
Rice, brown and white, long grain cooked	1/3 cup (75 mL)	13.3	1.5	0.3
Rice, brown and white, long grain dry	2 Tbsp (30 mL)	18.5	1.6	0.1
Tapioca, pearl dry	2 Tbsp (30 mL)	16.7	0.0	0.0
Quinoa, dry	2 Tbsp (30 mL)	13.3	2.8	1.2
PASTA				
Pasta, cooked	½ cup (125 mL)	16.2	3.0	0.3
Pasta, whole wheat, cooked	½ cup (125 mL)	13.8	1.0	0.4
SOUPS				
French Canadian Pea soup	¾ cup (175 mL)	15.5	7.2	2.9

Chunky soups	1 cup (250 mL)	15.3	6.7	2.7
Minestrone	1½ cup (375 mL)	15.3	6.4	3.8
Mushroom barley	1½ cup (375 mL)	16.5	2.8	3.4
Turkey vegetable	1½ cup (375 mL)	12.9	4.6	4.6
Vegetable	1½ cup (375 mL)	17.5	3.0	1.1
STARCHY VEGETABLES				
	Serving Size	Available CHO (g)	PROTEIN (g)	FAT (g)
Breadfruit, raw	1/3 cup (75 mL)	16.2	0.8	0.3
Cassava	¼ cup (50 mL)	18.1	0.7	0.1
Plantain, cooked, mashed	1/3 cup (75 mL)	19.0	0.5	0.1
Potatoes, boiled, baked	½ med (84 g)	14.6	1.6	0.1
Potatoes, mashed	½ cup (125 mL)	16.8	2.0	0.6
Sweet potato	1/3 cup (75 mL)	16.4	1.3	0.1
Yam	½ cup (125 mL)	16.1	1.0	0.1
THICKENERS				
Cornstarch	2 Tbsp (30 mL)	14.5	0	0
Flour	3 Tbsp (45 mL)	15.3	2.2	0.2

CHOOSE LESS OFTEN:

Food Item	Serving Size	Available CHO (g)	PROTEIN (g)	FAT (g)
BREADS				
Bagel	½ (3 inch diam.), ¼ (4½ inch diam.) 29 g	14.3	3.0	0.5
Bannock, fried	1.5x 2.5 in.	17.0	3.0	8.0
Baguette	1 slice (25 g) 2 inches long	12.3	2.0	1.0
Bun, Hamburger or hotdog	½	11.2	2.4	0.5
Bread crumbs	3 Tbsp (45 mL)	15.8	3.1	1.3
Bread, white	1 slice (30 g)	13.1	2.6	1.1
Bun, Kaiser	½ (29 g)	14.4	2.8	1.2
Croissant	1 small (42 g)	18.1	2.7	8.8
Croutons	¾ cup (175 mL)	15.4	2.7	1.5
Crumpet	1 (47 g)	11.2	2.4	0.5
English muffin, white	½	12.3	2.2	0.5

Pancake	1 medium (4 inch/10 cm)	13.5	2.0	1.0
Pita bread, white	½ (6 inch/15 cm)	16	2.8	0.4
Pizza crust	1/12 th (12 inch) (90 g)	15.8	1.0	0.8
Plain roll	1 small	13.3	2.4	2.0
Raisin bread	1 slice	12.5	2.1	1.1
Scone	1/12 th (75 g)	20.2	3.0	6.0
Taco Shell	2 (5 inch diameter) (17 g)	14.8	1.8	6.0
Tea biscuit	1/12 th recipe (60 g)	18.3	3.0	8.8
Tortilla, white flour	1 (6 in/15 cm)	13.0	1.5	2.3
Waffle	1 medium (39 g)	14.2	2.1	3.0
CEREALS				
	Serving Size	Available CHO (g)	PROTEIN (g)	FAT (g)
Bran Flakes	½ cup (125 mL)	12.6	1.9	0.4
Cheerios	2/3 cup (150 mL)	13.0	2.2	1.2
Corn Flakes	½ cup (125 mL)	11.6	1.0	0.1
Granola	¼ cup (50 mL)	15.0	2.7	4.8
Grape-Nuts®	3 Tbsp (45 mL)	14.4	2.2	0.4
Mueslix	1/3 cup (75 mL)	18.1	2.5	1.5
Rice Krispies	2/3 cup (150 mL)	16.8	1.4	0.2
Puffed Rice	1 cup (250 mL)	12.4	0.9	0.1
Puffed Wheat	1½ cups (375 mL)	13.5	2.6	0.2
CRACKERS				
Crackers, soda	7	14.4	1.9	2.5
Matzoh	½ (15 g)	11.3	1.4	0.2
Melba toast, plain	4 rectangles	14.0	2.4	0.6
Triscuit®	5 pieces	16.3	2.5	3.8
Rusks	2	12.0	2.2	1.0
SOUPS				
Chicken noodle	2 cups (500 mL)	17.3	8.0	4.9
Chicken and rice	2 cups (500 mL)	12.9	7.1	3.8
Tomato (water added)	1 cup (250 mL)	16.1	2.1	1.9
PASTA				
Chow Mein noodles	2/3 cup (150 mL)	15.8	2.4	9.0
Egg noodles	½ cup (125 mL)	18.9	3.8	1.2
Rice noodles	1/3 cup (75 mL)	14.0	0.5	0.1

STARCHY VEGETABLES				
French fries	10 strips	14.0	1.6	3.8

FOOD GROUP: FRUITS

Fresh, frozen, canned and dried fruit are healthy choices. When choosing *canned* fruit look for *packed in juice or light syrup* rather than heavy syrup. Read labels on canned fruit to help you decide on portion size close to 15 grams carbohydrate. Choose fruit instead of fruit juice because it contains fibre, takes longer to digest and raises blood glucose more slowly.

CHOOSE MORE OFTEN:

Food Item	Serving Size	Available CHO (g)	Protein (g)	Fat (g)
Apple	1 small or 1 medium	12.6 16.4	0.3	0.2
Applesauce, unsw.	½ cup (125 mL)	12.3	Trace	Trace
Apple Butter	2 Tbsp (30 mL)	14	Trace	Trace
Apricot	4	12.8	0.5	0.1
Avocado	see Fats	-----	-----	-----
Banana	1 small or ½ medium	20 14	1.2	0.3
Berries: blackberry cranberry raspberry strawberry gooseberry	2 cups (500 mL)	16.1 14.4 13.4 16.2 17.6	2 av	0.7 av
Berries: all others (elderberry, mulberry, blueberry, currants, partridge berry, cloudberry, bakeapple, Saskatoon berry)	1 cup (250 mL)	10.6 to 16.5	1 av	0.2 av
Breadfruit	¼ cup (50 mL)	15	0.7	0.2
Cherries	15 1 cup (250 mL) pitted 1.5 cups (375 mL) with pits	14.1 15.2 16.2	1.2	0.2
Canned fruit (not heavy syrup): cherries Apricots fruit cocktail peaches pears	½ cup (125 mL)	15.4 13.1 12.9 12.8 14	1.1 av	Trace av

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pineapple		15		
Canned fruit: mandarin oranges --juice packed --light syrup)	¾ cup (175 mL)	16.5 19.5	1.4 av	0.1 av
Dates	2 medium	12.4	0.8	0.3
Figs		16.2	0.8	0.8
Durian	60 mL	15	0.9	3.4
Feijoa	3 fruit 1/2 cup puree (125 mL)	15.9 13.7	1.9	1.1
Grapefruit, all colours	1 small, 1 cup (250 mL)	12.6 15.3	1.2 av	0.2 av
Grapes, slip skin concord	1 cup (250 mL)	15	0.6	0.3
Grapes, red/green	15, ½ cup (125 mL)	13.8 (0.9/grape)	0.6	0.3
Guava	2 fruit	12	1.5	1.1
Jackfruit	½ cup (125 mL)	19.5	1.3	0.3
Kiwi	2 medium	18.2	1.7	0.8
Kumquat	8 fruit	14.1	2.9	1.3
Longan	6-8 fruit (100g)	14	1.3	Trace
Loquat	7 large 1 cup (250 mL)	15.6 14.4	0.6 4.5	0.3 2.1
Lemon; Lime	4 medium	15.2	2.6	0.7
Mango	½ medium or ½ cup (125 mL)	15.7	0.5	0.3
Mangosteen	½ fruit ½ cup (125 mL)	18.2 16.7	0.5	Trace
Melon: cantaloupe, casaba, crenshaw, honeydew, Persian melons & watermelon	1 cup (250 mL)	10 to 20	1 av	0.2 av
Orange	1 medium	12.2	1.2	0.2
Other citrus: Clementine, tangerine, tangelo	2 medium	14 to 18	2 av	0 av
Papaya	1 cup (250 mL) cubed (150g)	12.2	0.9	0.2
Peach	1 large	12.5	1.5	tr
Nectarine		14.6		

Pear	1 medium	20.7	0.5	0.5
Pear, Asian	2 small @122g ea	17.2	1	0.5
Persimmon (Kaki;Sharon fruit)	1 medium	15	0	0
Pineapple-fresh	2 slices, ¾ cup (175 mL)	12.8	0.8	0.8
Plantain	See Grains & Starches	-----	-----	-----
Plum	2 medium	17	1	1
Pummelo (shaddock)	1 cup (250 mL)	16.4	1.4	Trace
Quince	100 g	13.4	0.4	Trace
Soursop	½ cup (125 mL)	15	1.1	0.3
Star fruit (Carambola)	3 medium or 3 cups sliced (750 mL)	15	1.6	1
Rambutan, canned	9 fruit	16.2	0.5	0.2
Rhubarb - fresh	See Extras	-----	-----	-----
Ugli fruit	1.5 medium	15	1.5	0.8

CHOOSE LESS OFTEN:

Food Item	Serving Size	Available CHO (g)	Protein (g)	Fat (g)
JUICE, unsweetened				
Grape, prune	1/3 cup (75 mL)	12.5	0.4 av	Trace av
Apple	½ cup (125 mL)	14.4	0.4 av	Trace av
Orange		13.4		
Grapefruit		11		
Cranberry		15		
Pineapple		17		
Papaya		18.4		
Citrus blends		12.6		
Lemon	¾ cup (175 mL)	15.1	0.8	Trace
Lime		15.9		
Tomato	1 cup (250 mL)	9.0	2.0	Trace
Tomato and Clam juice	1 cup (250 mL)			
Vegetable cocktail	1 cup (250 mL)	9.0	2.0	Trace
DRIED FRUIT				
Apple	4 rings	14.8	0.1	Trace
Apricot	8 halves	15.2	0.8	Trace

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Banana chips	1oz / 30g	15	0.7	10
Cranberries, sweetened	3 Tbsp (45 mL)	17	0.1	0.2
Raisins	2 Tbsp (30 mL)	14.3	0.7	0.1
OTHER				
Coconut	Raw 3 cups (750 mL)	15.8	8.4	84.9
	Unsw 2 cups (500 mL)	14.2	13.2	124
	Sweetened ½ cup (125 mL)	17 to 21	1.3	15 av

FOOD GROUP: MILK & ALTERNATIVES

The Milk & Alternatives group contains milk, yogurt and soy choices. For the purpose of maintaining 15 g carbohydrate content, most portion sizes are 1 cup (250 mL).

CHOOSE MORE OFTEN:

Food Item	Serving Size	Available CHO (g)	PROTEIN (g)	FAT (g)
Milk, buttermilk, fluid, cultured, low fat	1 cup (250 mL)	15	8	3
Milk, canned, evaporated	½ cup (125 mL)	15	8	9
Milk, canned, evaporated, fat free	½ cup (125 mL)	15	8	0.4
Milk, fluid, 3.25%	1 cup (250 mL)	15	8	8
Milk, fluid, 2%	1 cup (250 mL)	15	8	5
Milk, fluid 1%	1 cup (250 mL)	15	8	2.7
Milk, fluid, goat	1 cup (250 mL)	15	8	10
Milk, fluid, skim	1 cup (250 mL)	15	8	0.5
Milk, fluid, sheep	1 cup (250 mL)	15	15	17
Milk, fluid, lactose reduced, 2%	1 cup (250 mL)	15	8	5
Milk, powdered, skim	4 Tbsp (50 mL)	15.6	10.9	0.2
Soy milk, fluid	1 cup (250 mL)	15	9	5
Soy milk, fluid Chocolate/Strawberry	½ cup (125 mL)	13.5	9	2.5
Soy milk, Fibre fortified	1 cup (250 mL)	13	7	4
Soy yogurt, vanilla	1/3 cup (75 mL)	15.3	5	2
Yogurt, flavored, skim, artificial sweetener	1 cup (250 mL)	15	8	0.2
Yogurt, plain, low fat	¾ cup (175 mL)	15	4	1.6
Yogurt, plain, whole milk	¾ cup (175 mL)	15	8	3
Yogurt, drinkable	200 mL	15	5	3
Yogurt Mousse, regular	¼ cup (50 mL)	15	3	5
Yogurt Mousse, low fat	1/3 cup (75 mL)	15	5	0

FOOD GROUP: OTHER CHOICES

This food group covers a wide variety of snacks and sweet foods. Most of these foods should be used occasionally and in moderation.

CHOOSE MORE OFTEN:

Food Item	Serving Size	Available CHO (g)	PROTEIN (g)	FAT (g)
Milk Pudding, skim, no sugar added	½ cup (125 mL)	11.9	4.2	0.2
Popcorn, air popped/low fat	3 cups (750 mL)	17.9	2.3	1

CHOOSE LESS OFTEN:

Food Item	Serving Size	Available CHO (g)	PROTEIN (g)	FAT (g)
BAKED GOODS				
Brownie, unfrosted	2 in/5 cm square	12.0	1.5	7.0
Cake, unfrosted	2 in/5 cm square	16.6	1.5	3.1
Cookies, arrowroots	4	14.2	1.5	2.9
Cookies, chocolate chip	2	17.7	1.0	7.2
Cookies, cream type filling	2	14.1	1	4.2
Cookies, gingersnaps	3	16.1	1.2	2.1
Cookies, oatmeal	1	12.4	1.1	3.3
Plain muffin, commercial	1 small (28 g)	11.7	2.0	3.2
BEVERAGES				
Soft drink, regular	½ cup (125 mL)	13.3	0	0
Tonic water	¾ cup (175 mL)	16.1	0	0
CANDIES				
Candies, hard	5 small	14.7	0	0
Candies, Life Savers®	6	15.0	0	0
Candies, licorice	2 pieces	15.2	0.5	0.4
Candies, jellybeans	5 large	13.1	0	0

FROZEN DESSERTS				
Frozen yogurt, non fat	1 cup (250 mL)	17.7	4.4	0.8
Ice Cream	½ cup (125 mL)	17.0	2.5	7.9
Ice Cream bar	1 bar (50 g)	12.3	2.1	12.1
Popsicle	1 bar (55 g)	15.6	0.9	0
Sherbet	½ cup (250 mL)	13.5	0.5	1.0
SUGARS AND SAUCES				
	Serving Size	Available CHO (g)	PROTEIN (g)	FAT (g)
Cranberry sauce, sweetened	2 Tbsp (30 mL)	13.4	0	0
Jam, jelly, marmalade	1 Tbsp (15 mL)	12.9	0	0
Sugar, syrup, honey, molasses, chocolate syrup	1 Tbsp (15 mL)	14.0	0	0
MISCELLANEOUS				
Chocolate bar	1/2 bar (42 g), 1.5 oz	13.3	2.5	8.1
Fruit roll, chewy	1 roll (21 g)	17.7	0.2	1.5
Granola bar, oatmeal type	1 bar (28 g)	18.3	2.9	5.6
Jell-O, regular	½ cup (125 mL)	18.1	1.6	0
Potato chips, baked	10 chips	17.2	1.5	1.1
Pretzels, low fat	7 large/30 sticks	16.6	1.9	0.7
Tortilla chips, baked	6 chips	15.4	2.0	0.6

FOOD GROUP: VEGETABLES

Most vegetables are low in carbohydrate and are a good source of vitamins, minerals and fibre. Only those marked with an asterisk (*) contain enough carbohydrate to be counted as a serving (15g of carbohydrate) when the portion size eaten is more than ½ cup (125 mL).

CHOOSE MORE OFTEN:

Food Item	Serving Size	Available CHO (g)	PROTEIN (g)	FAT (g)
Artichoke	1 cup (250 mL)	10	6	Trace
*Artichoke, Jerusalem	1 cup (250 mL)	24	3	Trace
Asparagus	4 spears	1	1	Trace
Beans, yellow or green	1 cup (250 mL)	6	6	Trace
* Beets	1 cup (250 mL)	11	2	Trace
Bean sprouts	1 cup (250 mL)	4	3	Trace
Broccoli	1 cup (250 mL)	6	4	Trace
Brussel sprouts	1 cup (250 mL)	7	4	Trace
Cabbage	1 cup (250 mL)	4	2	Trace
Chinese cabbage	1 cup (250 mL)	1	3	Trace
Carrots	1 cup (250 mL)	8	1	Trace
Cauliflower	1 cup (250 mL)	2	2	Trace
Celery	1 cup (250 mL)	2	1	Trace
*Coleslaw, homemade	1 cup (250 mL)	13	2	3
Collards, Kale, Kohlrabi	1 cup (250 mL)	6	3	Trace
Cucumber	1 cup (250 mL)	3	1	Trace
Dandelion greens	1 cup (250 mL)	4	1	Trace
Eggplant	1 cup (250 mL)	6	1	Trace
Endive	1 cup (250 mL)	Trace	1	Trace
Hearts of palm	1 piece	1	1	Trace
Leeks	1 cup (250 mL)	7	1	Trace
Lettuce	1 cup (250 mL)	1	1	Trace
Mixed vegetable, canned/frozen peas and carrots	1 cup (250 mL)	11	5	Trace
Mushrooms	1 cup (250 mL)	5	3	Trace
* Shitake, raw	1 cup (250 mL)	18	2	Trace
Shitake, dried	1 mushroom	2	Trace	Trace
Okra	1 cup (250 mL)	3	3	Trace
Onions	1 cup (250 mL)	8	1	Trace

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* Parsnips	1 cup (250 mL)	21	2	Trace
* Peas	1 cup (250 mL)	14	8	Trace
Peppers	1 cup (250 mL)	5	1	Trace
Pumpkin	1 cup (250 mL)	9	2	Trace
Radish	1 radish	Trace	Trace	Trace
Sauerkraut, canned	1 cup (250 mL)	4	2	Trace
* Rutabaga	1 cup (250 mL)	12	2	Trace
Spinach	1 cup (250 mL)	2	5	Trace
* Squash	1 cup (250 mL)	12	2	Trace
Tomatoes, fresh	1 cup (250 mL)	6	2	Trace
Tomatoes, canned, regular	1 cup (250 mL)	7	2	Trace
*Tomatoes, canned, stewed	1 cup (250 mL)	13	2	Trace
Tomato juice	See Fruits, Juice	---	---	---
Tomato and clam juice	See Fruits, Juice	---	---	---
Turnip	1 cup (250 mL)	5	1	Trace
Vegetable cocktail	See Fruits, Juice	---	---	---
*Water chestnuts	1 cup (250 mL)	14	1	Trace
Zucchini	1 cup (250 mL)	8	2	Trace

FOOD GROUP: MEAT & ALTERNATIVES

Choose lean meats, poultry without the skin, lower fat cheese and fish more often. This helps to reduce the total amount of fat you eat. "Choose more often" foods are low in saturated fat and may contain healthier sources of fat such as monounsaturated and polyunsaturated fats. Legumes (beans and lentils) are low in fat and high in fibre, but they also contain 15 g carbohydrate in a 1/2 cup (125 mL) serving.

CHOOSE MORE OFTEN:

Food Item	Serving Size	Available CHO (g)	Protein (g)	Fat (g)
CHEESE				
Skim milk Cheese < 7% MF	1x1x2in (2.5x2.5x5cm)	30 g	7	0-3
Light Cheese <17% MF (cheddar, colby, mozzarella, swiss)		30 g	7	0-5
Cottage Cheese 1-2% MF	¼ cup (50 mL)	55 g	7	1
Light Feta Cheese < 17% MF	1/3 cup (75 mL)	50 g	7	0-5
Parmesan, grated	2 Tbsp (30 mL)	20 g	7	5
Light Ricotta Cheese <17%MF	¼ cup (50 mL)	60 g	7	0-5
EGGS				
Whole egg	1 med-large	50 g	6	5
Egg substitute, liquid	1.5 fl oz (45 mL)	50 g	6	2
FISH				
Canned, water/oil pack, drained Tuna, salmon, shellfish	¼ cup (50 mL) 1/3 6.5 oz tin	30 g	7	1-5
Cod tongues, cheeks	1/3 cup (75 mL)	50 g	7	0-3
Fillet or steak, fresh or frozen: Bass, boston blue, catfish, cod, flounder, grouper, haddock, halibut, mackerel, monk, mullet, orange roughy, perch, pickerel, pike, pollock,	Variable fillet size 1/8-1/4	30 g	7	0-2

salmon, shad, shark, snapper, sole, swordfish, tilapia, trout, tuna, whitefish					
Eel	1 slice	30 g		7	4
Pickled herring	3 pieces	50 g		7	9
Sardines, smelts	1-2 fish 1/3 cup (75 mL)	40 g		7	4
Squid, octopus	¼ cup (50 mL)	40 g		7	3
LEGUMES					
Black beans, chickpeas, kidney beans, lentils, navy beans, split peas - Re-constituted	½ cup (125 mL)	100g	10-15	7	0-2
- Dry	2 Tbsp (30 mL)	30 g	10-15	7	0-2
Hummus	1/3 cup (75 mL)	90 g	7.5	7	9
MEAT AND POULTRY					
Beef, chicken, emu, game, goat, goose, ham, lamb, pheasant, pork, turkey, veal (sliced, steak-lean, boneless-chop), quail	1 slice	30 g		7	1-5
Back, peameal bacon	2-3 slices	30 g		7	2
Minced or ground, lean or extra lean	2 Tbsp (30mL)	30 g		7	3-5
Prepared meats, low fat – processed luncheon meats or fresh deli meats – beef, chicken, ham, turkey, pastrami	1-3 slices	30 g		7	1-5
ORGAN MEATS					
Heart, liver, kidney – beef, veal, lamb, chicken, turkey	1 slice	30 g		7	1-3
Tongue - veal	1 slice	30 g		7	3
Tripe - beef	3-5 pieces	60 g		7	2
PEANUT BUTTER (natural is better choice)					
	2 Tbsp (30 mL)	30 g	4-5	7	15
SHELLFISH					

Clams, mussels, oysters, scallops, snails	3 medium	30 g		7	1
Crab, lobster	¼ cup (50 mL)	30 g		7	0-1
Shrimp - Fresh-frozen	4-6 large or 8-10 med	30 g		7	0-1
SOYBEAN					
Bean curd or tofu (firm)	1¾ x ¾ in (4.4 x1.9 cm)	85 g	Variable	7	Variable
Bean curd or tofu (extra firm)	1½ x 1¼ in (3.8 x3.1 cm)	50 g	Variable	7	Variable
Bean curd or tofu (soft or silken)	2.0 x 1¾in (5 x 4.4 cm)	100g	Variable	7	Variable
Miso	¼ cup (50mL)	60 g	4	7	4
Tempeh	¼ cup (50mL)	40 g	15	7	4
VEGETARIAN MEAT ALTERNATIVES					
Vegetarian patties, wieners	1 slice	30g	0-3	11	0-2

CHOOSE LESS OFTEN:

Food Item	Serving Size		Available CHO (g)	Protein (g)	Fat (g)
Blood pudding	1 slice	50 g		7	17
Regular Cheese 17-33% MF Brie, Blue, Camembert, Cheddar, Colby, Goat, Gouda, Mozzarella, Swiss	1x1x2in (2.5x2.5x5cm)	30 g		7	5-10
Feta 17%-33% MF	1/3 cup (75 mL)	50 g		7	5-10
Ricotta 17-33% MF	¼ cup (50mL)	60 g		7	5-10
Chicken Wings	2	45 g		7	10-12
Chicken Strips	2	45 g	5-7	7	10-12
Corned Beef	1 slice	40 g		7	7-8
Ground beef, med-reg	2 Tbsp (30 mL)	30 g		7	5-6
Meat spreads – liverwurst, beef, chicken	¼ cup (50 mL)	55 g		7	10-14
Pate, liver - goose	½ cup (125 mL)	55 g		7	12-24
Prepared meat, regular fat Bologna, salami, pepperoni, wieners etc.	1-2 slices 1 wiener	55 g, 30 g		7, 4	10-15, 6-10
Sausage	1-2 links	40 g		7	9-16
Spareribs – beef, pork	1 rib	30 g		7	9

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Sweetbread	1 slice	60 g		7	6-7
Tongue - beef, lamb	1 slice	30 g		7	8

FOOD GROUP: FATS

Choose heart healthy monounsaturated and polyunsaturated fats such as canola oil, olive oil, and small portions of nuts. Read labels to select foods with less saturated and trans fat. Note all fats are to be used in moderation because they are high in calories.

CHOOSE LESS OFTEN:

Food Item	Serving Size	Available CHO (g)	PROTEIN (g)	FAT (g)
Avocado	1/6	~1	0.6	5
Bacon	1 slice	0.1	3.0	3.3
Butter	1 tsp (5 mL)	0	0	3.8
Cheese, spreadable	1 Tbsp (15 mL)	3.5	1.0	5.5
Cheese, spreadable, light	2 Tbsp (30 mL)	4.0	4.0	4.0
Cream, half & half	1½ oz (45 mL)	1.3	0.9	3.5
Coconut, desiccated, sweetened, flaked	3 Tbsp (45 mL)	6.1	0.5	4.5
Coconut milk, canned	2 Tbsp (30 mL)	0.8	0.6	6.4
Gravy	2 Tbsp (30 mL)	N/A	N/A	5.0
Lard	1 tsp (5 mL)	0	0	4.3
Margarine, non hydrogenated, light	2 tsp (10 mL)	0.04	0.04	3.7
Margarine, non hydrogenated, regular	1 tsp (5 mL)	0.02	0.02	3.8
Mayonnaise, light	1 Tbsp (15 mL)	1.3	0.1	5.0
Mayonnaise, regular	1 tsp (5 mL)	2.4	0.1	4.9
NUTS & SEEDS				
Almonds, dry roasted	7 or 1/3 oz (10 g)	1.8	2.1	5.0
Pecans, dry roasted	¼ oz (7 g)	1.0	0.7	5.3
Walnuts, black	1/3 oz (10 g)	0.9	0.2	5.5
Peanuts, dry roasted	1/3 oz (10 g)	2.0	2.2	4.7
Soy nuts with canola oil	13	2.0	5.0	4.0
Pine nuts, dried	40 / ¼ oz (7 g)	1.0	1.0	4.9
Cashews, dry roasted	¼ oz (7 g)	1.0	0.1	5.3
Brazil nuts, dried unblanched	1 Tbsp (15 mL)	0.6	1.4	6.1
Hazelnuts	7 or 1/3 oz (10 g)	1.4	0.1	5.7
Macadamia nuts	3	0	0	5.4
Pistachios, dry roasted	1/3 oz (10 g)	2.9	2.2	4.8

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Pumpkin / Squash seeds, roasted	½ oz (15 g)	2.0	4.7	5.5
Sunflower seeds, dry roasted	1/3 oz (10 g)	2.3	1.8	4.7
Sesame seeds, whole dry roasted	1/3 oz (10 g)	2.4	1.6	4.5
Oils	1 tsp (5 mL)	0	0	4.5
Olives, black	8 large	0	0	5.0
Olives, green stuffed	10	1.2	0.3	4.6
Salad Dressing, low fat	2 Tbsp (30 mL)	2.5	0.3	4.5
Salad Dressing, regular	1 tsp (5 mL)	1.3	0.1	5.2
Shortening	1 tsp (5 mL)	0	0	4.3
Sour Cream, regular	2 Tbsp (30 mL)	1.0	0.8	5.0
Sour Cream, reduced fat	2 Tbsp (30 mL)	1.3	0.9	3.6
Tahini	½ Tbsp (8 mL)	0.7	1.3	4.0
Whipped cream	½ oz / 1Tbsp (15 mL)	0.4	0.3	5.6

FOOD GROUP: EXTRAS

Extras are foods that are low in calories and carbohydrates. They do not need to be measured unless a portion size is listed. Use of these portions or reasonable amounts of foods without a portion will provide a maximum of 20 calories and 5 grams of carbohydrate.

Food Item	Serving Size
Anchovies	2 fillets
Baking powder, Baking soda	
Barbeque sauce	1 Tbsp (15 mL)
Bouillon, Broth, Consommé	
Bran, natural	2 Tbsp (30 mL)
Brewer's yeast	1 tsp (5 mL)
Carob powder	1 tsp (5 mL)
Chili sauce	
Club Soda	
Cocoa powder	1 Tbsp (15 mL)
Coffee, black	
Cranberry sauce, unsweetened	1 Tbsp (15 mL)
Crystal drink, sugar free	
Dulse	
Flavourings and extracts	
Fruit spread, no sugar added	1 Tbsp (15 mL)
Garlic	
Gelatin	
Ginger root	
Gum, sugar free	
Herbal tea	
Herbs	
Horseradish, uncreamed	
Jelly, sugar free, prepared	1 cup (250 mL)
Ketchup	1 Tbsp (15 mL)
Lemon juice, Lemon wedge	
Lime juice, Lime wedge	
Mineral water	
Mustard	
Nonstick cooking spray	
Parsley	
Pickles, dill	2
Pimento, Hot peppers	
Relish	2 tsp (10 mL)
Rhubarb	
Salsa	¼ cup (50 mL)

Salt, Pepper, Spices	
Soft drink, sugar free	
Soy sauce	
Sugar substitute	
Tea, clear	
Vinegar	
Water	
Whipped topping, regular	1 Tbsp (15 mL)
Whipped topping, low fat	2 Tbsp (30 mL)
Worcestershire sauce	