

DIABETES USEFUL NUTRITION INFORMATION

Websites

BC Children's Hospital Endocrinology and Diabetes Website:

<http://endodiab.bcchildrens.ca>

- Click on: *For patients and families* on the right-hand menu → *Diabetes resources*
- Diabetes handouts and links are here
- Food and nutrition information

Health Canada: *The Canadian Nutrient File 2015 and Nutrient Value of Some Common Foods:*

<http://www.hc-sc.gc.ca/fn-an/nutrition/fiche-nutri-data/index-eng.php>

- Available for download or online use

Diabetes Canada

www.diabetes.ca

To obtain a longer list of foods for the *Beyond the Basics* poster, go to:

- Click on *Clinical Practice and Education*
- Click on *Professional Resources*
- Scroll down, click on *Diet & Nutrition: Beyond the Basics*
- Scroll down to *Longer List of Foods to be used with Beyond the Basics*
- Click on the food group that you are looking for

Apps for Phone/Tablet

CalorieKing (www.calorieking.com): Available online or as a free app (for Apple users only)

GoMeals (www.gomeals.com): free app for Android

- Contains CalorieKing database

Carbs & Cals (www.carbsandcals.com): paid app for Apple and Android

- Uses photos to help estimate portion sizes of carb foods

My Fitness Pal (www.myfitnesspal.com):

- This app may not always be accurate as the public can submit their own values; however, it can be helpful when looking up unique foods. Try comparing 3 values for the same food and use an average of the 2 most similar carbohydrate amounts.
- You can also calculate the carbohydrates in recipes using this site.