

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:

- <http://www.diabetes.ca/clinical-practice-education/professional-resources/diet-nutrition-beyond-the-basics>

Apps for Phone/Tablet

CalorieKing (www.calorieking.com): available online or as a free Apple app

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

Figwee Portion Explorer (figwee.com): paid available 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.