

## 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](http://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](http://www.calorieking.com)): Available online or as a free app (for Apple users only)

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

- Uses photos to help estimate portion sizes of carb foods

Figwee Portion Explorer ([figwee.com](http://figwee.com)): free app for Apple (not yet available for iOS 11)

- Uses photos to help estimate portion sizes of carb foods

My Fitness Pal ([www.myfitnesspal.com](http://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.