

Getting Started--Take Care of Your Blood Sugar

Your doctor has identified that your body is no longer able to keep your blood sugar within the optimal range. It is an early warning sign that you are at risk to develop diabetes.

You can make the job to manage blood sugar easier for your body by eating appropriate amounts of nutrient dense foods at each meal. This will prevent or delay the onset of diabetes.

Here is how to get started:

- 1. Eat Well with Canada's Food Guide**
 - Get your copy at www.healthcanada.gc.ca/foodguide.
 - Choose appropriate serving sizes. (You may benefit from measuring your portions for a few days and seeing how appropriate servings look on your dishware.)
- 2. Avoid skipping meals and avoid high calorie meals**
 - Women: maximum 500 calories per meal
 - Men: maximum 600 calories per meal
- 3. Include at least 3 of the 4 Canada's Food Guide food groups at each meal**
 - Breakfast example: whole grain cereal, banana, berries and milk
 - Lunch example: salmon on a bed of salad greens with whole grain toast points.
- 4. Limit your intake of sweets** and foods with added sugar including pop, ice cream, cookies, cakes, pies, candy, chocolate bars, diabetic candy and most commercial muffins.
- 5. Be physically active for at least 60 minutes each day.** The amount of food recommended in Canada's Food Guide is based on including 60 minutes of moderate activity per day (such as walking 3.5 to 4 miles) in addition to light activity throughout the day (equivalent to strolling 2-3 miles per day).
- 6. Reduce excess waist measurement by losing weight**
 - Women: less than 32" or 80 cm
 - Men: less than 37" or 94 cm

We can help you lose weight or change your eating.

As part of its mission to provide integrated and proactive health care, Adelaide Clinic offers expert nutrition consulting with a Registered Dietitian. Adelaide Club offers a full range of convenient physical activity opportunities from fitness equipment and group classes to personal training.

Call to book a free 15 minute meeting

and discover how we can help you reach your goals.



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