

ARE YOU TOO SWEET?

FIND YOUR BALANCE

Don's diagnosis of Type II Diabetes took him by surprise. The best advice he found was to set his mind towards health, and create a lifestyle that included physical activity and nutrition that would help control his condition. He was happy to find his energy levels increased and his blood sugar normalized. Managing the condition and achieving good blood sugar control is accessible and possible!



Physical Activity

When you are faced with a health condition like diabetes, it's time to get serious about making activity part of your daily living. Make a plan and just do it!

Benefits:

- Improve sensitivity to insulin
- Manage blood glucose
- Increase energy
- Decrease stress
- Empowerment over health

- 1) Prepare with a snack and hydration.** Nuts, seeds, hummus, or protein shake.
- 2) Create a realistic schedule.** Don't commit to an hour if you know you will only have 15 minutes.
- 3) Do what you love.** Hate the gym but love your nightly walk? Increase duration and intensity for a more efficient workout.
- 4) Set small goals and reward regularly.** Celebrate every 5lb weight loss instead of a total of 30lbs. Reward, but never with food. Think hot bath, favorite Netflix episode, or a foot soak!
- 5) Try something new!** Don't get bored with your routine. Tired of the same old gym workout, try a Pilates class. Rotate your activities for enjoyment and commitment.

Healthy Diet

Diabetes increases your risk of other chronic health conditions such as heart disease and depression. The right foods can help you stay healthier, longer.

Benefits:

- Balance blood sugar
- Elevate mood
- Decrease blood pressure & cholesterol
- Weight loss and/or management
- Decrease inflammation

- 1) Plan out your meals.** Eating every 2-3 hours is perhaps the most impactful change you can implement.
- 2) Eat less processed foods.** This will help to moderate excess salt, sugar, and bad fats.
- 3) Eat more healthy fats.** Nuts and seeds, olive oils, fish oils, and avocados are great sources.
- 4) Choose high fibre, slow release carbs.** Limit refined carbohydrates like white rice and pasta, and incorporate complex carbs like root vegetables and whole grains.
- 5) Be smart about sweets.** Reduce sugar based foods in the diet and allow tastebuds time to adjust. Keep sweets in small portions and combine with a fat and fibre to prevent the release of too much insulin.

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Diabetic Friendly Recipes

Greek Lentil Salad

A source of protein, fibre, folate, and vitamin B to help balance blood sugar.



- 1 19 oz. can lentils, rinsed and drained
- ½ cup Kalamata olives (optional)
- ½ cup onion, chopped
- 1½ cups grape tomatoes, halved
- ½ cup green peppers, chopped
- 1 cup cucumber, diced
- ¼ cup feta cheese, crumbled
- ¼ cup fresh parsley, chopped
- ¼ cup olive oil
- ¼ cup lemon juice
- 1 tbsp. dried oregano



In a large bowl, combine lentils, olives, onion, tomatoes, green pepper, cucumber, feta cheese and parsley. In a small bowl, whisk olive oil, lemon juice and oregano together. Add dressing and parsley to lentil mixture and toss to coat. Can be eaten right away or covered and left in refrigerator to marinate for 2 hours before serving. Salad can be made a day in advance.

Servings: 10 Calories per serving: 133 Fat: 6g Sodium: 112mg Carbs: 15g Fibre: 3g Protein: 6g

Beany Brownies

Combine sugar with protein and fibre to enjoy healthy desserts like this.



- 1 15oz can black beans, drained
- 2 large eggs
- ½ cup cocoa powder
- ¼ cup sugar
- 1 tsp spoonable stevia
- ½ teaspoon olive oil
- 1 tablespoon almond milk
- 1 teaspoon balsamic vinegar
- ½ teaspoon baking powder
- ½ teaspoon baking soda
- ½ cup sugar-free chocolate chips



Preheat oven to 350F. Coat a 9-inch square baking dish with cooking spray. In a blender, combine all ingredients except chocolate chips; blend until smooth. Stir in chocolate chips until combined. Pour batter into baking dish. Bake 25 to 30 minutes, or until a toothpick inserted in center comes out clean. Allow brownies to cool completely.

Servings: 16 Calories per serving: 75 Fat: 3g Sodium: 67mg Carbs: 11g Fibre: 2g Sugar: 4g Protein: 2g

Sources: <https://www.ontrackdiabetes.com/exercise/diabetes-beginning-exercise-plan>
<https://www.helpguide.org/articles/diets/the-diabetes-diet.htm#diet>
<https://www.diabetes.ca/diabetes-and-you/recipes/greek-lentil-salad>
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