



Diabetes Care Sheet

Restoring the Balance

Restoring the Balance Through Healthy Eating

Type 2 diabetes happens when the insulin in our body is either not enough or is not working properly.

Help keep blood sugar balanced by:

- Eating healthy foods
- Having small frequent meals
- Cutting back on sweets
- Cutting back on fats
- Exercising: walk, run, dance, swim, housework

Tips to keep the balance:

- Eat breakfast and have regular small meals
- Eat whole grains such as whole wheat, barley and oatmeal
- Eat legumes, dried beans and peas. They are higher fibre that regulate blood sugar
- Eat low-carb vegetables such as green peppers, cucumbers, celery, broccoli, cauliflower, mushrooms, tomatoes, spinach, onions, radishes, and green beans



Eating a variety of healthy foods will help manage diabetes.

"We are the ones who have to teach our children."

-Elder Agnes Alphonse

