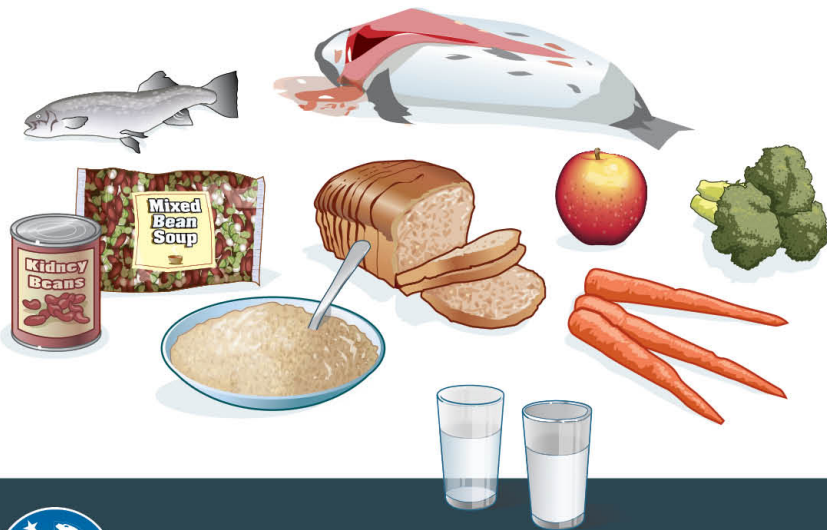


HEALTHY EATING AND DIABETES

- **Country foods are a healthy choice!**
- **Follow the Nunavut Food Guide to make healthy store-bought food choices to prevent or manage diabetes:**
 - Choose whole grain products
 - Choose dark green and orange vegetables
 - Choose low fat milk products
 - Choose lean meat, fish, birds and beans
- **For good health, choose low-fat foods and cooking methods.**



- **Healthy eating is having smaller meals more often. Eat 3 to 4 times a day choosing a variety of foods from each of the 4 food groups.**
- **Make water your main drink.**
- **Avoid foods like pop, chips, and sweetened drinks.**
These foods make your diabetes more difficult to control. If you like sweet drinks, try drinking diet pop instead of regular pop.

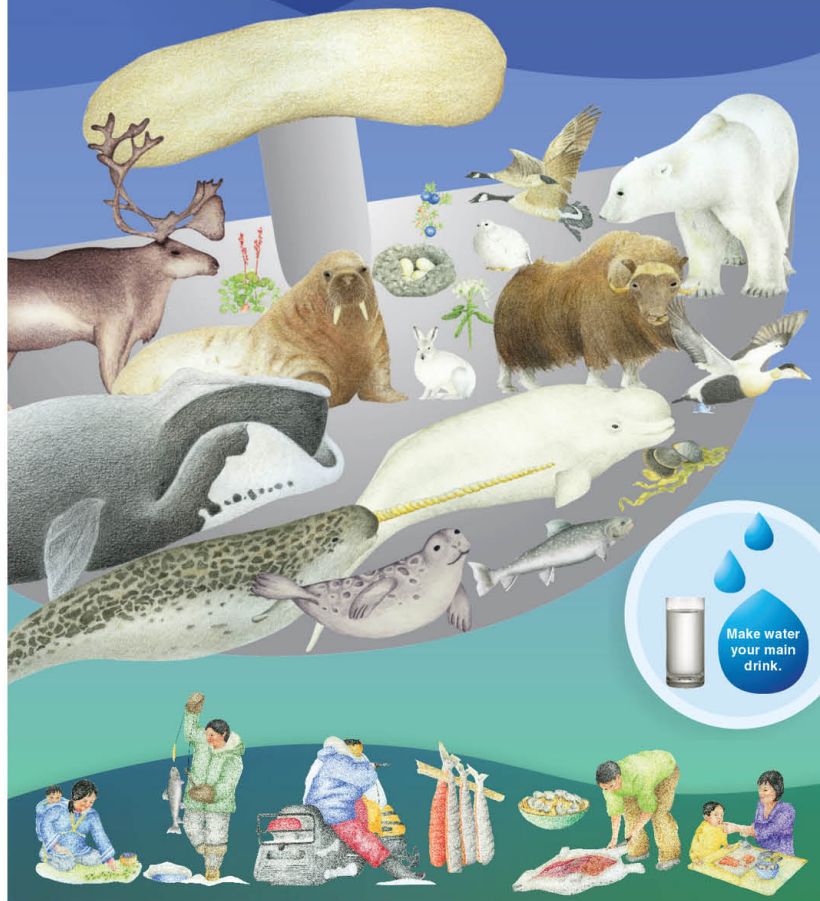


Remember, it is better to have berries, fruit and vegetables more often than juice.



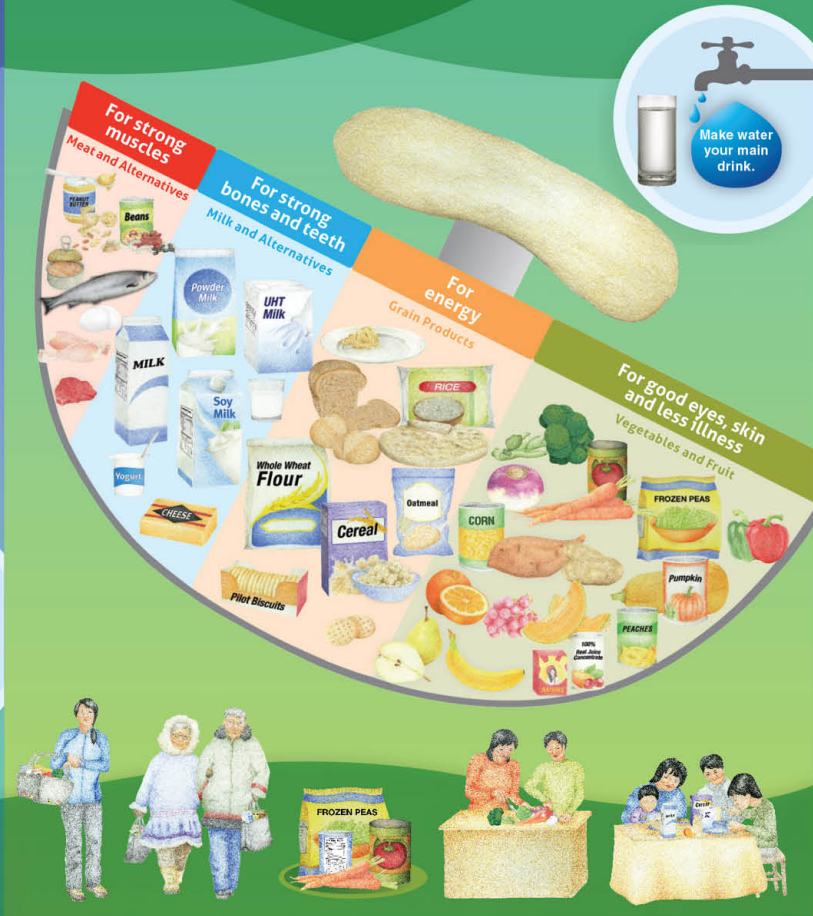
NUNAVUT FOOD GUIDE

Country foods are a healthy choice



Choose healthy store-bought foods

Choose a balance from the 4 food groups.



Health Canada

Santé Canada