

Living Well with Diabetes



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Low Blood Sugar

What is it?

- It is when your body does not have enough energy because of low sugar in your blood
- For people without diabetes, blood sugar levels fall between 4-6mmol/L. When it is below 4, you might start to feel sick

How does it feel?



Shaky



Anxiety and panic



Sweating



Cannot concentrate



Hunger



Mouth tingling



Nausea

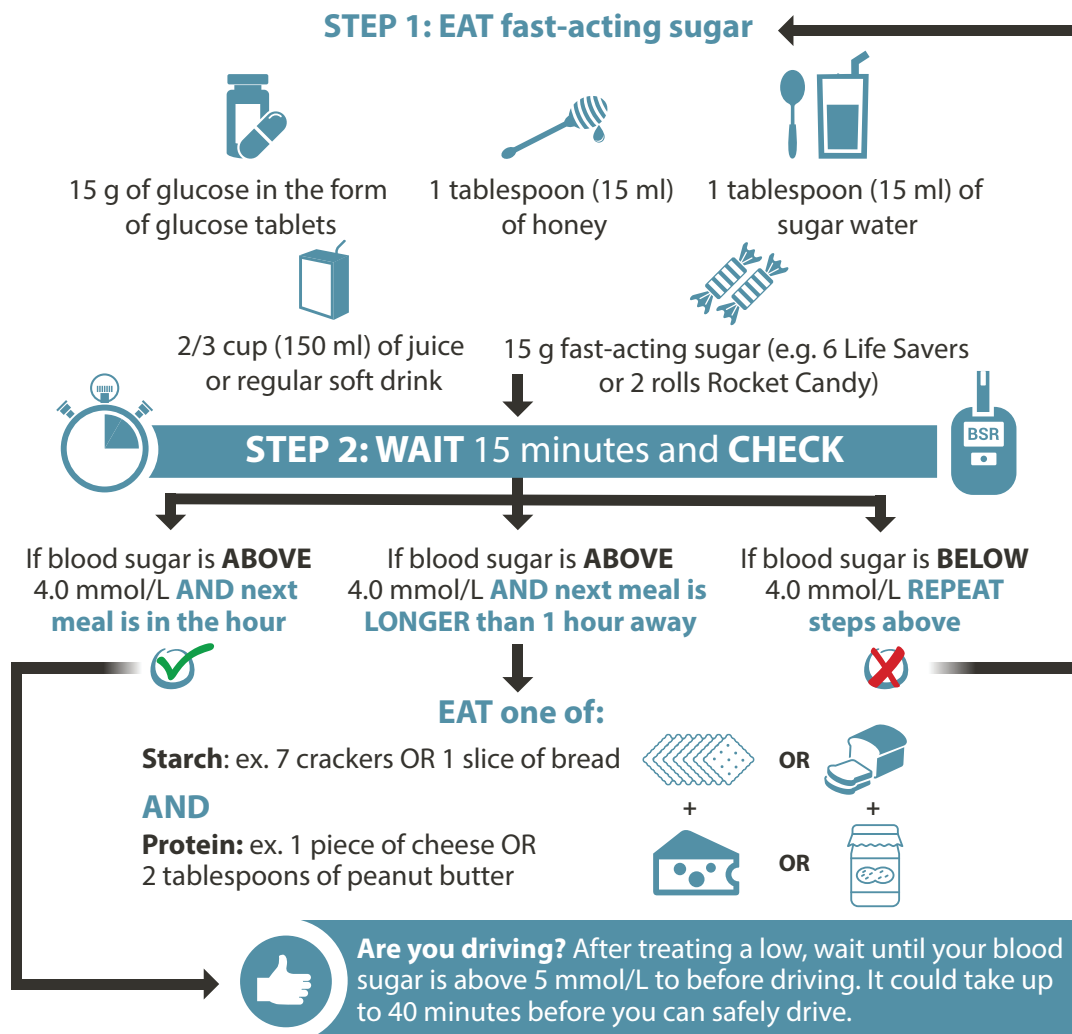


Feeling dizzy and weak

What to do?

Check blood sugar right away if you can AND drink one juice box or 2/3 can of regular soft drink (for example: Cola or Ginger Ale) OR mix a tablespoon of sugar into water and drink it OR eat a tablespoon of honey.

Wait for 15 minutes and check your blood sugar again if you can. If still not feeling well or if blood sugar is still less than 4, follow the above steps again OR eat a snack (for example: a sandwich, crackers and cheese) OR eat a meal.



High Blood Sugar

What is it?

- It is when there is too much sugar in your blood and your body cannot use them as energy

How does it feel?



Dry mouth



Very thirsty



Feel tired



Peeing more often than usual

What to do?

- Exercise if safe to do so.



- Take your medication or insulin as prescribed by your doctor.
- **Drink plenty of water or sugar free beverages**



Hypoglycemia
(High blood glucose)

Normal Level

Hypoglycemia
(Low blood glucose)



diabetes
medications



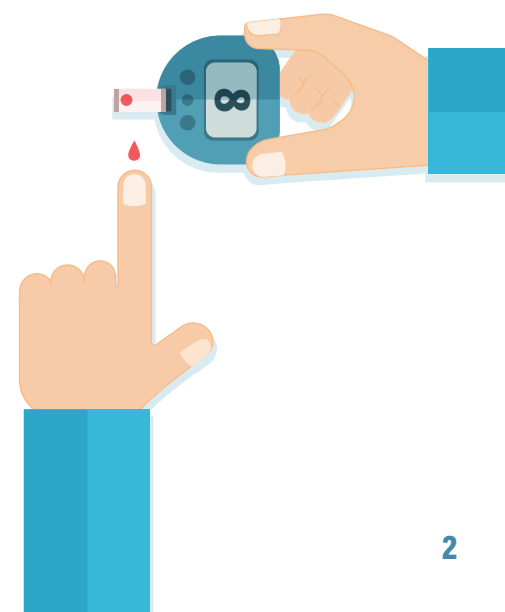
track blood
sugar levels



choose water
and sugar free drinks



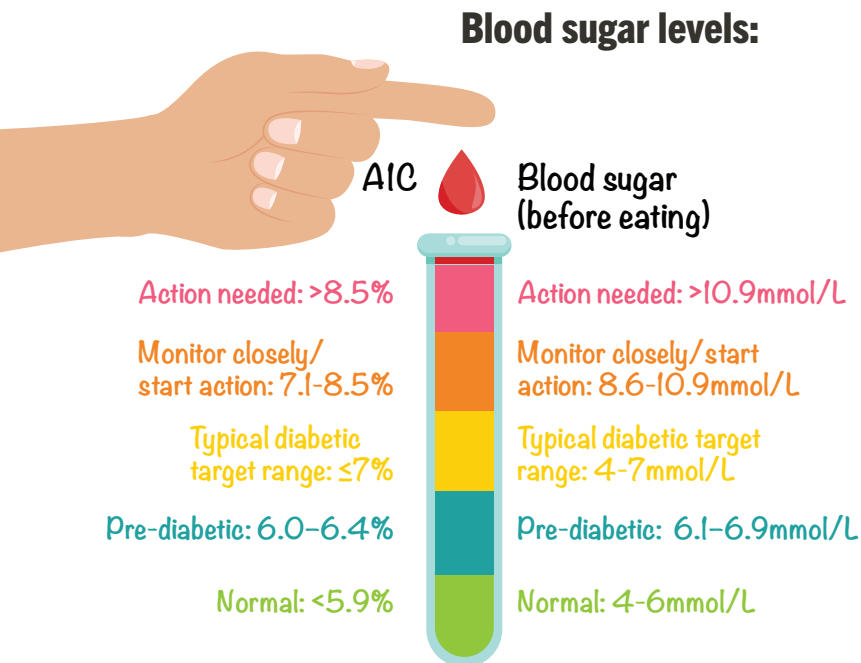
insulin
therapy



Which Foods to Choose?

Glycemic index (GI) is a way of ranking foods based on how fast they raise blood sugar levels.

To help control your blood sugar, try to choose foods that have low or medium glycemic index. Meat, chicken, fish, and non-starchy vegetables do not have a glycemic index because they do not contain carbohydrates, which means they will not increase your blood sugar levels.



Low Glycemic Index Foods:

- Whole wheat tortilla
- Sourdough bread
- Steel cut oats
- Pasta (cooked firm)
- Rice (parboiled)
- Peas
- Popcorn (plain)
- Sweet potato
- Winter squash (spaghetti squash, butternut squash)
- Apple
- Banana (green, unripe)
- Berries
- Cantaloupe
- Grapefruit
- Honeydew melon
- Mango
- Orange
- Peach
- Pear
- Plum
- Pomegranate
- Prunes
- Milk (almond; cow – skim, 1%, 2%, whole; soy)
- Yogurt (skim, 1%, 2%, whole; frozen, Greek)
- Baked beans
- Chickpeas
- Kidney bean
- Mung beans/sprouts
- Romano beans; lentils, soybeans/edamame, split peas

Medium Glycemic Index Foods:

- Breads: chapati (white, whole wheat)
- Pita bread (white, whole wheat)
- Pumpernickel bread, roti (white, whole wheat)
- Rye bread (light, dark, whole grain)
- Whole grain wheat bread
- Cereal: Cream of Wheat™ (regular)
- Oats (instant, large flake)
- Basmati rice
- Brown rice
- Cornmeal
- Couscous (regular, whole wheat)
- Rice noodles
- White rice (short, long grain)
- Wild rice
- Beets
- Corn
- French fries
- Parsnip
- Potato (red, white)
- Crackers
- Banana (ripe, yellow)
- Cherries (bottled)
- Cranberries (dried)
- Figs (fresh, dried)
- Grapes
- Kiwi
- Lychee
- Pineapple
- Raisins

Glycemic index (GI) more info.

What Is a Food Label?

Serving size: All information on a food label is based on serving size. Compare this amount to what you actually eat.

Carbohydrate: This is the part of foods that can increase your blood sugar when you have diabetes. After we eat a food, carbohydrate is turned into sugar in our bodies. Food with fibre can reduce the effects of carbohydrates on our blood sugar levels. Choose foods by comparing carbohydrate and fibre amounts and, when you can, eat the options with lower carbohydrate and higher fibre amounts.

Try to eat more foods that are high in calcium, iron, vitamin A, vitamin C, and fibers. Try to eat less foods that are high in fats, saturated fats, sodium, and cholesterol. People with diabetes could also aim for higher protein amounts to prevent blood sugar spikes from carbohydrate foods.

Nutrition Facts Valeur nutritive

Per 1 cup (250 mL)
pour 1 tasse (250 mL)

Calories 110 % Daily Value*
% valeur quotidienne*

Fat / Lipides 0 g

Saturated / saturés 0 g 0 %

+ Trans / trans 0 g 0 %

Carbohydrate / Glucides 26 g

Fiber / Fibers 0 g 0 %

Sugars / Sucres 22 g 22 %

Protein / Protéines 2 g

Cholesterol / Cholestérol 0 mg

Sodium 0 mg 0 %

Potassium 450 mg 10 %

Calcium 30 mg 2 %

Iron / Fer 0 mg 0 %

*5% or less is **a little**, 15% or more is **a lot**

*5% ou moins c'est **peu**, ou plus c'est **beaucoup**

Nutrients

Protein:

Why do I need it?

Proteins are needed to build and repair muscles, skin, nails, and hair. Protein can also help you feel fuller for longer and is slower to digest, which can slow the rise in blood sugars when paired with carbohydrate foods.

Where can I find protein?

Beans, lentils, tofu, chicken, beef, pork, salmon, sardines, unsalted nuts



Fruits and Vegetables:

Why do I need them?

Fruits and vegetables are high in vitamins and minerals that our bodies need. For people with diabetes, whole fruits and vegetables also have fibre which helps with blood sugar management.

Choose non-starchy vegetables more often and include skins of fruits and vegetables when eating for better blood sugar management.

Whole Grains:

Why do I need them?

Whole grains are high in vitamins, minerals, and fibre that our bodies need. Grains are a source of carbohydrate, which is great for brain function, and choosing "whole" grains can reduce the impact of carbohydrates on blood sugar levels.

Where can I find whole grains?

Look for whole grain labels on foods like pasta and bread (e.g. whole wheat bread). Whole oats/oatmeal, quinoa, and brown or wild rice are also whole grain sources.

Water:

Why do I need it?

Our bodies are 60% water and we need to stay hydrated to stay healthy. Water can help to manage blood sugar levels.

Choose water or zero sugar drink options rather than regular pop or juice which can quickly increase blood sugar levels. Try to avoid sugar in tea and coffee or add sugar-free sweeteners.

What are Carbohydrates (Carbs)?

- Carbs are found in many foods and are an important source of energy, especially for our brains.
- Sugar, starch, and fibre are all carbs; carbs can be simple (leading to quick blood sugar increases) and complex (leading to lower, sustained blood sugar levels).
- Simple carbs can be found in sugars, syrups, honey, and sweet foods like pastries, sweetened yogurts, chocolates, and jams.
- Eating more sugars will increase your blood sugar more and fast 🚀
- Fibre and SOME starches are complex carbs; they will increase your blood sugar more slowly 🐢
- Fibre is found in fruits (apple, berries, peach), vegetables (corns, broccoli, squash, brussel sprouts), whole-grain foods (brown rice, quinoa, oatmeal, cereal, pasta), nuts, seeds, beans, and legumes.
- Fibre keep you full and do not increase your blood sugar
- Starches in sweet potatoes, brown rice, oats, beans, whole-wheat bread, chickpeas, apple, melon, and berries are complex carbs
- Starches in potatoes and white bread can increase your blood sugar fast 🚀

What Do Carbs Do to My Body?

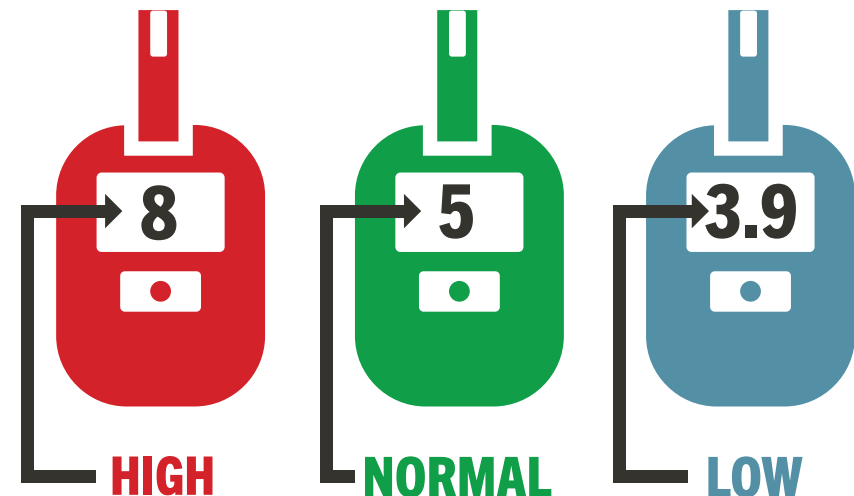
- When you don't eat enough carbs, your blood sugar may become low. When you eat too many carbs, your blood sugar will become high.
- Counting carbs can help you to better control blood sugar, if you would like to know more about how to count carbs:

Visit Diabetes Canada website:



Speak to a dietitian for free at:

204-788-8248 in Winnipeg or toll free at 1-877-8302892



Now what?

On a food label, the carbohydrates include the sugars + fibers + starches in one serving size. In this example, there are 26g of carbohydrates in each serving (250 mL).

What if all the foods I have increase my blood sugar fast?

- Move around and try to use some of your energy after you eat
- Eat fibre, protein, and healthy fats with carbs to prevent quick spikes in blood sugar.
- Did you know that eating foods in the right order can make a difference in your blood sugar and body weight?
- Try to eat fibers or vegetables first
- Eat proteins and fats second
- Eat your sugars and carbs last

Carbohydrate / Glucides 26 g

Fiber / Fibers 0 g

0 %

Sugars / Sucres 22 g

22 %

- Under carbohydrate, it tells you how many fibers and starches are in one serving. In this example, there are 0 fibers and 22% of the carbohydrates are sugars.

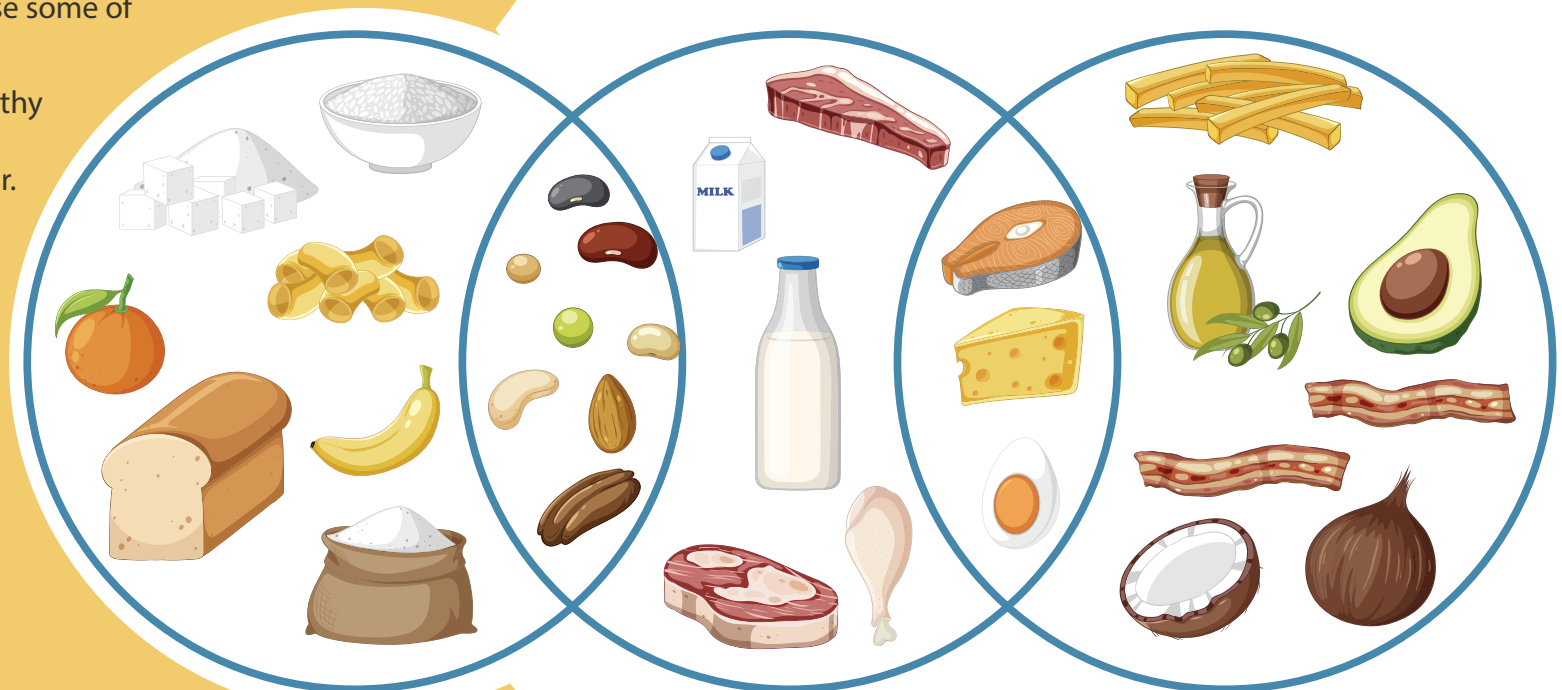
Carbohydrate / Glucides 26 g

Fiber / Fibers 0 g

0 %

Sugars / Sucres 22 g

22 %



CARBS

PROTEIN

FATS

FOOD BANK ITEM RECIPES:

Tomato Rice with Beans: Vegetarian (makes 4 servings)

- 1/2 cup uncooked rice (any type)
- 1 12 oz can condensed tomato soup and 1/2 can of water
- 2 tsp taco seasoning or other seasonings (mixture of chilli powder, garlic powder, onion powder)
- 1/2 cup of black beans (rinsed in water and drained)
- 2 tbsp margarine or butter

*Optional: 1/4 cup shredded cheese

Stove Top Method:

1. Melt margarine or butter in a large, deep pan over medium heat
2. Add rice and mix until the rice is covered with margarine or butter
3. Add seasoning and 1 can of condensed tomato soup. Use the same can to add 1 can of water, the mixture should be moist but not thin; bring to a boil
4. Turn heat to low, cover the pan with a lid, and leave a small opening. Cook slowly for 25-35 minutes. Stir every 5-10 minutes so the rice does not stick to the bottom. Cook until the rice is soft but still in shape.

*If the rice looks to be cooked but is still wet, keep cooking without the lid until it becomes dry.

5. Heat up the black beans and add them to the tomato rice. You can also add some shredded cheese and mix into the finished rice.

Nutrition Facts
(*approx. per 1 serving with no cheese):
Calories- 165
Carbohydrates- 35g
Fiber- 3g
Protein- 6g
Sodium-400 mg

Recipe taken and modified from:
<https://inspiredcuisine.ca/recipe/spanish-rice-my-way/>



Lentil Wraps: Vegetarian

- 1 1/2 cups (375 mL) split red lentils
 - 3 cups (750 mL) water
 - 1 medium onion, cut into small pieces
 - 1 cup (250 mL) green pepper, cut into small pieces
 - 2 large garlic cloves, cut into very small pieces
 - 1 1/2 tsp (7 mL) chilli powder
 - 1/2 tsp (2 mL) ground cumin
 - 2 tsp (10 mL) cooking oil
 - 1 cup (250 mL) water
 - 6 tbsp (90 mL) tomato paste
 - 8 (6-inch; 15 cm) tortillas (any type)
- *Optional: low fat sour cream, salsa, low fat cheddar cheese

1. Rinse lentils under water and drain. In a pot, boil lentils in 1 cup of water, cover and simmer for 20 minutes. They will be slightly undercooked. Drain if necessary.
2. In a pan, cook onion, green pepper and garlic in oil, but do not brown. Add chile powder, cumin, cooked lentils, water and tomato paste. Stir for 2 minutes until mixture starts to thicken. Cover and cook for another 5 minutes.
3. Lay a tortilla flat, put 1/2 cup (125 mL) of lentil mix in the center, and roll it up. Top each burrito with sour cream, salsa, and shredded cheddar cheese.

Nutrition Facts (Per 1 Burrito):
Calories- 380
Carbohydrates- 59g
Fiber- 13g
Protein- 17g
Sodium-480mg (18% daily recommended value)

Recipe taken from Diabetes Canada (n.d.-b).
Lentil burritos. Retrieved March 10 2024 from
<https://diabetes.ca/nutrition-fitness/recipes/lentil-burritos>

Black Bean Dip/Hummus: (Makes 12 servings)

- 1 can (about 15 ounces) black beans, rinsed under water and drained
 - 1/2 cup Picante Sauce or salsa
 - 1 tbsp lime juice
 - 2 packages (7 ounces each) tortilla chips or crackers
1. Put the beans, salsa and lime juice into a food processor or blender. Cover and blend until smooth and creamy. Eat the bean mixture with tortilla chips or crackers.



Nutrition Facts (Per 1 serving)
Calories - 176
Carbohydrates - 27g
Fiber- 4g
Sugars- 5g
Protein-3g
Sodium-393mg

Recipe taken and modified from Pace. (n.d.). Picante black bean hummus. Retrieved March 10 2024 from <https://www.campbells.com/pace/recipes/picante-black-bean-hummus/>

Tuna Sandwich: (makes 2 sandwiches)

- 4 slices rye bread (toasted or untoasted)
 - 2 cans of tuna
 - 1/4 cup mayonnaise (can use light mayonnaise for less calories and fat)
 - mustard (regular, hot, or dijon)
 - dill pickle cut into small pieces
 - 1 celery stalk cut into small pieces
 - 1/2 a green onion cut into small pieces
1. Drain water from canned tuna and put in a bowl. Use a fork to break up tuna. Add other ingredients into the bowl (mayonnaise, mustard, celery, green onion, and pickle or relish). Stir until mixed well.
 2. Divide tuna mixture and spread it onto 2 slices of bread. Top with a second slice of bread.

Nutrition Facts (Per 1 sandwich):
Calories- 510
Carbohydrates- 35
Fiber- 4.9g
Protein-38g
Sodium-1092mg



Tuna Casserole: (makes 4 servings)

- 2 cans of tuna (drain water)
- 1 cup peas (can used canned; rinse pease with water)
- *can use other vegetable such as canned corn nibs, green beans, diced or sliced carrot
- 1/2 cup milk
- 2 cups cooked egg noodles or pasta (any kind)
- 1 can (284ml) of condensed mushroom soup (can also use condensed celery soup or broccoli)
- 2 tbsp of bread crumbs (can also use crushed unsalted crackers)
- 1 tbsp of butter or margarine

1. Heat the oven to 400 degrees. In a baking dish, add tuna, cooked noodles, milk, peas and condensed soup. Season with pepper and other spices if you like. Mix well. In a different bowl, mix bread crumbs (or crushed unsalted crackers) and melted butter.
2. Bake the tuna mixture for 20 minutes or until hot and bubbling slightly at the edges. Stir the tuna mixture. Add the bread crumb mixture and bake for another 5 minutes or until the bread crumbs are golden brown.

Nutrition Facts (Per 1 serving):
Calories- 312
Carbohydrates- 34
Fiber- 3g
Protein-44g
Sodium-794mg

Recipe taken and modified from Campbell's (n.d.-c). Tuna noodle casserole. Retrieved March 10, 2024 from <https://www.campbells.com/recipes/tuna-noodle-casserole/>

Minestrone Soup: (Makes 4 servings)

(made using food bank condensed tomato soup)

- 2 tsp oil
- 1/4 tsp garlic powder
- 1/4 tsp dried oregano leaves
- 2 cans (10 3/4 ounces each) condensed tomato soup
- 2 1/2 cups water
- 1 cup cooked pasta (any type)
- 1/2 cup frozen cut green beans
- 1 cup canned diced tomatoes, undrained

*Optional: 1/2 cup drained rinsed canned kidney beans or other type of canned beans

1. Stir in the soup, garlic powder, oregano, and water in a very large pot to a boil over medium- to high heat.
2. Turn the heat to low. Add green beans, kidney beans, tomatoes, and cooked pasta and cook for 5 minutes. Finish with some salt and pepper.

Nutrition Facts (per 1 serving):

Calories- 256
Total carbs- 43g
Fiber- 7g
Sugar- 17g

Recipe taken and modified from Campbell's. (n.d.-d). Vegetarian meatless sausage minestrone. Retrieved March 10, 2024 from <https://www.campbells.com/recipes/vegetarian-meatless-sausage-minestrone/>



Tomato Soup Spice Cupcakes with Cream Cheese Frosting: (Makes 24 cupcakes)

- Cupcake:**
- 2 cups all-purpose flour, sifted
 - 1 1/2 tbsp baking powder
 - 1 1/2 tsp ground allspice
 - 1 tsp ground cinnamon
 - 1/2 tsp ground cloves
 - 1/2 cup (1 stick) softened butter
 - 1 1/3 cups white sugar
 - 2 eggs, at room temperature
 - 1/4 cup milk
 - 1 can (10 3/4 ounces) condensed tomato soup

- Icing:**
- 1/4 cup of milk
 - 1 package (8 ounces) cream cheese, softened
 - 1 teaspoon vanilla extract
 - 1 package (16 ounces) confectioners' sugar (powdered sugar)

1. Heat the oven to 350°F. While the oven is heating, use a whisk or fork to mix in the flour, baking powder, allspice, cinnamon, and cloves in a large bowl.
2. Beat the butter and white sugar in a large bowl with an electric mixer at medium speed until the mixture is creamy (about 3 to 4 minutes). Add the eggs, one at a time, and beat until mixed. Add 1/4 cup milk and the condensed soup, beat until well blended. Add the flour mixture and beat on low until well blended. Line 24 muffin-pan cups with paper liners. Pour the batter into the cups.
3. Bake for 20 minutes or until a toothpick inserted comes out clean. Let the cupcakes cool in the pans on wire racks for 20 minutes.
4. For icing: While the cupcakes are cooling, beat 1/4 cup milk, cream cheese and vanilla in a medium bowl with an electric mixer on medium speed until creamy. Slowly beat in the confectioners' sugar or powdered sugar until the icing is smooth and soft (you can add more milk if needed). Put icing on top of the cupcakes.

Nutrition Facts (per 1 cupcake with icing):

Calories- 240
Carbohydrates-41g
Fiber-1g
Protein-3g
Sodium-215mg
Sugar- 31g

Recipe taken from Campbell's. (n.d.-b). Tomato soup spiced cupcakes. Retrieved March 10, 2024 from <https://www.campbells.com/recipes/tomato-soup-spice-cake/>

Black Bean Brownies: (Makes 12 servings)

- cooking spray
- 1 can (15.5 oz/460 mL) black beans, rinsed under water and drained
- 1/4 cup (60 mL) vegetable oil
- 2/3 cup (150 mL) semisweet chocolate chips, divided
- 2 eggs
- 1/3 cup (75 mL) cocoa
- 3/4 cup (175 mL) brown sugar
- 1 tsp (4 mL) baking powder
- 1 tsp (4 mL) vanilla

1. Preheat the oven to 350 °F (180 °C). Spray 8" x 8" (20 x 20 cm) baking dish with cooking spray.
2. In a blender or food processor, add beans, vegetable oil, and 1/3 cup (75 mL) chocolate chips and blend well.
3. Add eggs, cocoa, brown sugar, baking powder and vanilla to the mixture and blend until smooth.
4. Pour mixture into a baking dish and add chocolate chips on top.
5. Bake for 20-25 minutes or until the inserted toothpick comes out clean. Keep the brownies in the fridge.

Nutrition Facts (per 1 small brownie):

Calories-186

Carbohydrates-26g

Fiber-3g

Protein-4g

Sodium-54mg

Sugars - 19g

Recipe taken from Diabetes Canada. (n.d.-a). Black bean brownies.
Retrieved March 10 2024 from
<https://www.diabetes.ca/nutrition---fitness/recipes/black-bean-brownies>



Need help with medication costs?

You could get your medications and blood sugar monitor machine covered by Pharmacare

What is required?

- A Manitoba Health Card
- Your medications are not covered by other government programs



How does Pharmacare work?

- 1) Receive a prescription from your doctor.
- 2) Your doctor will submit a form for approval if your medication has Exception Drug Status.
- 3) Provide your prescription to a pharmacist.
- 4) Manitoba Enhanced Pharmacare Program will cover the cost of the medication (up to the lowest cost interchangeable product) and a pharmacy dispensing fee.

How do I apply?

- Download the Pharmacare application form from the Manitoba government's health website. Complete the form and mail it to Manitoba Health.
- For more information:

Visit the government website:

<https://www.gov.mb.ca/health/pharmacare/apply.html>

Or contact Manitoba Health Non-Insured Benefits

300 Carlton Street

Winnipeg, Manitoba R3B 3M9

Phone: (204)-786-7141

E-mail: pharmacare@gov.mb.ca

Need more help?

Foods:

Norwest Co-op Community Food Centre

Has a low cost fresh fruits and vegetables market and offers free lunches and cooking classes.

**61 Tyndall Avenue #103, Winnipeg,
MB R2X 2T4 204-615-3117**

**For food banks and free meal programs in
your area, call 211 or visit their website here:**
<https://mb.211.ca/>

Health Services :

Norwest Co-op Community Food Centre

Has a team of healthcare professionals to help you live well with diabetes. They also offer nutritional counseling and medication management.

**61 Tyndall Avenue #103, Winnipeg,
MB R2X 2T4 204-615-3117**

Youville Diabetes Centre:
**offering group programming and one-on-one
healthcare services for people with diabetes.**
**Located at 33 Marion Street, Winnipeg, MB
R2H0S8. For information call (204) 233-0262
or complete a self referral here:**

Self referral

Dial-a-Dietitian:

Speak to a Registered Dietitian if you have questions about nutrition and foods (free service)

**Call toll-free at 1-877-830-2892
OR 204-788-8248 in Winnipeg**

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Living Well with Diabetes


HARVEST
Manitoba's Food Bank