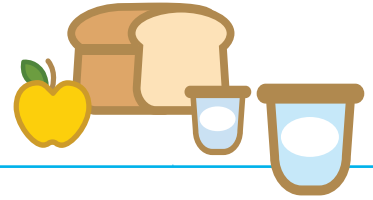


# Build a Balanced Breakfast

**Breakfast is an important part of a healthy eating pattern for people living with diabetes.**

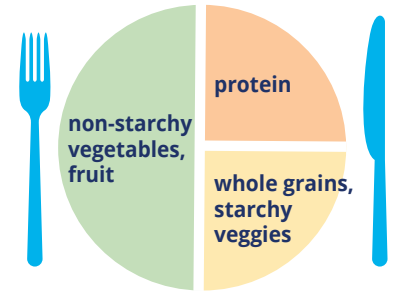


## Breakfast can:

- ✓ HELP stabilize blood sugar levels
- ✓ IMPROVE insulin sensitivity
- ✓ PROVIDE sustained energy for the day

## A well-balanced breakfast should

aim to include high fibre carbohydrates, protein and healthy fats. Build your breakfast following the plate method.



**Mix and match one item from each column to change things up each day:**

### Grains & Starches\*



**Oats** (1/3 cup dry, 1 cup cooked)

**Whole wheat bread** (2 slices), **bagel** (1/2), **English muffin**

**Chapati, roti, paratha**  
(2x6 inch rounds)

**High fibre cereal** (1 cup)

**Tortilla or flatbread** (2x6 inch rounds)

**Sweet potato or potato with skin on** (1 medium)

**Rice** (2/3 cup cooked)

**Plantain, green** (1/2 cup)

**Cornmeal, cooked** (1 cup)

### Proteins



**Egg** (2)

**Hemp, pumpkin or sunflower seeds** (1/4 cup)

**Nuts, peanuts** (1/4 cup)

**Nut or seed butters** (2 Tbsp)

**Low fat cottage cheese** (1/2 cup)

**Plain, low fat Greek yogurt**  
(3/4 cup)

**Lentils or legumes** (3/4 cup)

**Protein powder** (1 scoop)

**Cooked or canned meat or fish**  
(2 oz | 60 g)

**Tofu** (3 oz | 85 g)

### Vegetables & Fruits



**Avocado** (1/2)

**Mixed berries** (1 cup)

**Tomato** (1)

**Banana** (1/2)

**Orange or apple** (1)

**Applesauce** (1/2 cup)

**Spinach, kale, collards** (1 cup)

**Peppers** (1 cup)

**Cabbage** (1 cup)

**Melon** (1 cup)

\*Provides 30 g carbohydrate, reference amounts per Canadian Nutrient File. Reference: <https://pmc.ncbi.nlm.nih.gov/articles/PMC4863265/>

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