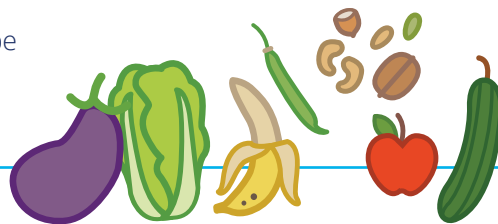


# Plant-based diet and diabetes

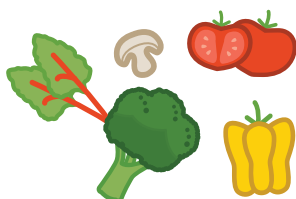
A plant-based eating pattern includes mostly plant origin foods and tends to be higher in fibre than other eating patterns. With a little planning, a balanced plant-based diet can provide you with all the nutrients that your body needs.



## Principles of plant-based eating

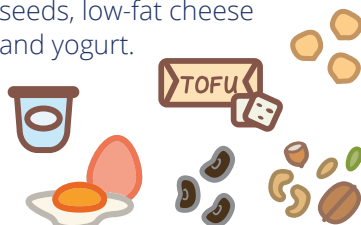
### Eat lots of vegetables and some fruit.

These are typically high in nutrients and low in calories.



### Include protein sources

such as legumes (chick peas, lentils, beans), soy (fortified beverages, tofu, edamame, tempeh), nuts, seeds, low-fat cheese and yogurt.



### Eat small portions of grains and starches

including rice, potato, pasta, cereals, breads and corn.



### Go for healthy fats in moderation.

Select plant oils such as olive and canola, nuts and seeds, avocado and soybeans.



## Benefits of a plant-based diet

Following a vegetarian diet is one way in which people with type 2 diabetes can help manage blood sugar.



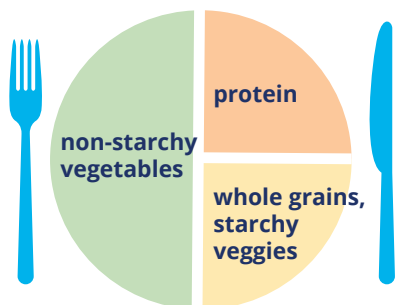
### Plant-based diets:

- are higher in fibre to help manage blood sugar
- may help with weight and blood pressure management
- are high in protective nutrients that may reduce risk of heart disease and certain cancers
- are lower in saturated fat and more heart-healthy



## Things to consider

Plant-based diets tend to be higher in carbohydrates than other diets. Be sure to follow the balanced plate method with 1/2 plate non-starchy vegetables, 1/4 plate protein and 1/4 plate whole grains/starches.



## A day in the life:

### Breakfast:

- Yogurt parfait with 3/4 cup of plain Greek yogurt + 1 cup frozen berries (thawed) + 2 tbsp chopped almonds + 1/2 cup granola

### Lunch:

- Garden Veggie Buddha Bowl + 1 apple + 1 cup milk of choice

### Dinner:

- Indonesian Tofu Stew + 1 cup quinoa + 1/4 cup chopped peanuts

