

Helpful Hints For Educators Using
*Beyond the Basics: Meal Planning for Healthy Eating,
Diabetes Prevention and Management*

FOOD GROUPS	<i>Beyond the Basics*</i>	
	Nutrients	Kcal (kJ)
Grains & Starches	15 g carb 3 g protein 0 g fat	70 (290)
Fruits	15 g carb 1 g protein 0 g fat	65 (275)
Milk & Alternatives	15 g carb 8 g protein variable fat	Skim – 90 (380) 1% – 110 (460) 2% – 130 (550) Whole – 140 (590)
Other Choices	15 g carb variable fat & protein	See Nutrition Facts Table
Vegetables	<5 g carb** 2 g protein 0 g fat	30 (130)
Meat & Alternatives	0 g carb 7 g protein 3-5 g fat	55-75 (230-315)
Fats	0 g carb 0 g protein 5 g fat	50 (200)
Extras	<5 g carb**	<20 (90)

**Beyond the Basics* Subcommittee, Canadian Diabetes Association, September 2005

*this reflects the “Choose more often” foods in the green boxes

**less than 5 g carb considered free

Beyond the Basics is the Canadian Diabetes Association’s meal planning guide. This guide has several features. Firstly, food items reflect current thinking on heart health, glycemic index and carbohydrate counting. Where possible, portions are also more similar to those in *Eating Well with Canada’s Food Guide* and to the Quebec and US meal planning systems.

Secondly, *Beyond the Basics* makes it easier for consumers to understand and educators to teach how to include a variety of foods at mealtimes while keeping carbohydrate fairly consistent.

Finally, *Beyond the Basics* can be used as a progression from *Just the Basics* or on its own. It is only one of many methods for teaching meal planning and the tool itself allows flexibility in the teaching of meal planning concepts. The primary target audience for this resource is the adult with type 2 diabetes, but all forms of diabetes were considered when *Beyond the Basics* was developed.

To help educators make the best use of this tool, the following tips are offered:

FOOD GROUP FACTS

- 1) The nutrient content information for *Beyond the Basics* was obtained from the *USDA 2004 Nutrient File* (Release 17) and the *Canadian Nutrient File, 2005*.
- 2) All food groups containing carbohydrate (CHO) have been evaluated to provide approximately 15 g of available CHO per serving. Available carbohydrate is the carbohydrate that remains after the dietary fibre and sugar alcohols have been subtracted.
- 3) Multicultural foods are included to reflect Canada’s multicultural population and Canadians’ love of diverse cuisines.
- 4) Although consumers are able to select all their recommended portions of CHO according to their own preferences and cultural background, educators are encouraged to reinforce healthy eating habits that include choosing a variety of foods from all food groups.
- 5) Food groups are named to accurately reflect foods included in each group. Items which do not obviously belong in a specific food group have been placed according to their most common usage (e.g. potatoes and yams in Grains & Starches, soy beverages in Milk & Alternatives, legumes in Meats & Alternatives).
- 6) Legumes (peas, beans, and lentils) are a good source of protein. Educators wishing to add legumes to the Grains & Starches section should remember its low GI and count a 1 cup serving as 15 g available CHO.

- 7) Foods in green boxes should be chosen more often because they are lower in fat, higher in fibre, and/or have a lower GI value. Foods to choose less often have been placed in amber boxes, in general due to their higher fat, higher sugar or higher GI values. For example, an amber box is used with dried fruit and all fats due to concerns regarding portion control. Blank boxes have been provided in each food group to allow for the addition of favourite foods.
- 8) Most vegetables are classified as “free” to encourage consumption of vegetables for their nutritional benefits. Also, vegetables such as carrots and beets have less available carbohydrate than popularly believed because of the large amount of fibre (e.g. 22 mini carrots have 15 g available carbohydrate). On the other hand, parsnips, peas, and winter squash provide 15 g of available CHO per 1 cup serving. Consumers who eat these vegetables on a regular basis should be taught how to account for the carbohydrate.
- 9) Blackberries, raspberries, and strawberries are very high in fibre, so a 2 cup serving yields only about 15 g of available carbohydrate.
- 10) Canned fruit is in a green box because although it has less fibre than fresh fruit, it is a good choice for an emergency shelf or for those with less access to fresh produce. For ease of use, all fruit juices have been listed as a 125 mL (1/2 cup) serving. According to the nutrient data, most of the juices provide between 12 and 18 g of available CHO per 125 mL. Those juices with a larger number of grams of carbohydrate in this serving size generally have a lower Glycemic Index, resulting in a similar Glycemic Load.
- 11) The “Other Choices” group includes a variety of sweet and snack foods. The 2013 CDA Clinical Practice Guidelines state that up to 10% of daily calories may be consumed as sugar without causing a deleterious effect on glycemic or lipid control.
- 12) Items such as coffee, tea, diet soda, spices, vinegar, mustard and other condiments contain few calories and carbohydrates. Educators may wish to provide a list of foods commonly considered as “Extras”. This and other food group lists are available in the Professional Section of diabetes.ca.
- 13) The shaded section of the meal planning chart highlights all the carbohydrate-containing foods. Carbohydrate containing foods may be counted as carbohydrate “choices” or in grams. For example, educators may suggest that breakfast has 3 Carbohydrate choices, or 45 g carbohydrate, whichever works better for the client.

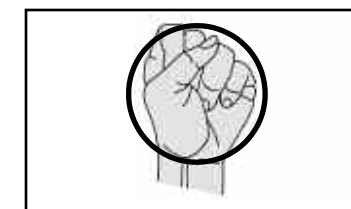
TEACHING STRATEGIES

- 1) Goals listed on the back of the poster should be SMART (specific, measurable, achievable, realistic and timely). For example, “I’ll start dinners with a low fat soup” or “I’ll take half my usual portion of the main dish”.
- 2) Some educators show clients that 15 g of carbohydrate is the equivalent of 3 tsp./packets of sugar.
- 3) Remind consumers that the food label is the most accurate source of nutrition information. Food labels can be used to estimate the size of one carbohydrate choice. As noted above, dietary fibre and sugar alcohols should be subtracted to determine available carbohydrate. For more information, see the Nutrition Facts table on the back page of *Beyond the Basics*.
- 4) *Beyond the Basics* uses common household measures (eg. 1/2 cup, 125mL) to identify portion sizes thus carbohydrate content is approximate. Those patients requiring more information should be taught to read food labels, use resource books and count exact grams of carbohydrate. Occasional measuring of foods can be helpful.

- 5) The ruler on the legend is provided to help clients measure foods in inches.
- 6) The Handy Portion Guide (below) and the plate method are useful guides for some clients. Many clients (e.g. those on insulin) will require a more exact measure.
- 7) For Meat & Alternatives, a serving size of 1-2 oz for the smaller meals and snacks, if applicable, and either 3-4 oz (smaller appetites) or 5-6 oz (bigger appetites) for the main meal will help to meet protein needs. You can use either the Handy Portion Guide or specify the ounces suggested in the Meal Plan.
- 8) It is the goal of the *Beyond the Basics* meal planning guide to make it easier for consumers to understand and educators to teach how to include a variety of foods at mealtimes while keeping carbohydrate fairly consistent. For this reason, whole choices are recommended when doing a nutritional analysis. However, there may be times when more precise measures are required. For those times, here is a suggested classification of half choices.
 - 1 Carbohydrate Choice (up to 20 g carbohydrate)
 - ½ Carbohydrate Choice (6 to 11 g carbohydrate)
 - [So 1½ Carbohydrate Choices would be 21 to 25 g carbohydrate]
 - 1 Meat & Alternative Choice (up to 8 g protein, 5 g fat)
 - ½ Meat & Alternative Choice (3 to 5 g protein, 2 g fat)
 - 1 Fats Choice (up to 6 g fat)
 - ½ Fats Choice (2 to 3 g fat)
- 9) Teaching the concept of GI can make a difference to health outcomes. For example, choosing a high GI cereal like corn flakes will produce a greater rise in blood glucose than a low GI cereal like oatmeal. Eating meals with low GI foods can reduce glycemic response, lower cholesterol levels, and increase satiety. For more information on glycemic index, use as a search word on the professional side of diabetes.ca

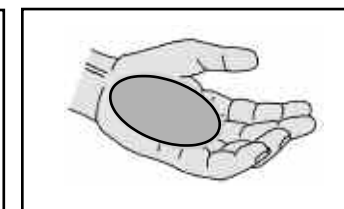
HANDY PORTION GUIDE

Your hands can be very useful in estimating appropriate portions. When planning a meal, use the following portion sizes as a guide:

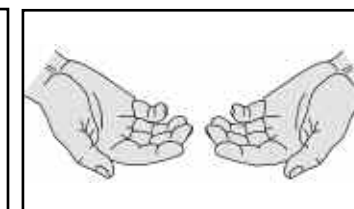


GRAINS & STARCHES*:
Choose an amount up to the size of your fist.

FRUITS*:
Choose an amount up to the size of your fist.



MEAT & ALTERNATIVES*:
Choose an amount up to the size of the palm of your hand and the thickness of your little finger.



VEGETABLES*:
Choose as much as you can hold in both hands.



FATS*:
Limit fat to an amount the size of the tip of your thumb.

MILK & ALTERNATIVES*: Drink up to 250 mL (8 oz) of low fat milk with a meal.

* Food group names taken from *Beyond the Basics: Meal Planning for Healthy Eating, Diabetes Prevention and Management*
©Canadian Diabetes Association, 2005. Please refer to this resource for more details on meal planning.