

Healthy Eating When You Have Diabetes

Food provides us with nutrients that we need for energy and for our body functions to keep us healthy.



- **Macronutrients that our body needs in larger amounts for energy.** There are 3 main types: carbohydrates, protein and fat.
 - ↳ Of these, **carbohydrates have the greatest impact on blood sugar.**
 - ↳ While protein and fat may not have a direct impact on blood sugar levels, **eating too much protein and fat can lead to weight gain** which will increase insulin resistance and make diabetes control more difficult.
 - ↳ **The type and amount of fat consumed is important.** Mono- and poly-unsaturated fats are better for you. We should limit our intake of saturated and trans fats (e.g., found in fried chicken and baked products) to reduce our risk of cardiovascular disease.
- **Micronutrients that our body needs in smaller quantities are very important for many body functions,** such as bone health and our immune system. There are 2 main types: vitamins and minerals.

There is no one food that contains all the nutrients that we need. Instead, it is important that we eat a variety of foods in the right portions every day as part of a balanced diet.