The Canadian Diabetes Association's

Healthy Living Calendar

2014

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canola.info.org
Canola oil isn’t just versatile and economical. It has the least saturated fat of all common cooking oils—half that of olive oil. Plus, canola oil is free of trans fat and cholesterol and a good source of omega-3 fat and vitamin E. No wonder scientific studies* show that 1 1/2 tablespoons (19 g) of canola oil a day may help to reduce the risk of heart disease.

### Comparison of dietary fats

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<th>Dietary Fat</th>
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*For references, please go to [www.fda.gov/Food/LabelingNutrition/LabelClaims/QualifiedHealthClaims/ucm072958.htm](http://www.fda.gov/Food/LabelingNutrition/LabelClaims/QualifiedHealthClaims/ucm072958.htm).

This is a paid advertisement.
Most Canadians are aware of the dangers of chronic diseases, such as cancer and heart disease. But did you know that diabetes also poses a very real threat to your health?

The Canadian population is aging, and obesity rates are rising. Our lifestyles are increasingly sedentary. Currently, more than nine million Canadians are living with diabetes or prediabetes. And, more than 20 people are diagnosed with diabetes every hour of every day.

The good news is that there are many steps you can take to protect yourself. Lifestyle changes can dramatically reduce your risk and keep you healthy. And for those living with diabetes, healthy behaviours can help prevent complications. So, get informed and get started!

**What is diabetes?**

Diabetes is a chronic, often debilitating and sometimes fatal disease in which the body either cannot produce insulin or cannot properly use the insulin it produces. This leads to high levels of glucose in the blood, which can damage organs, blood vessels and nerves. The body needs insulin to convert glucose into an energy source.

**Type 1 diabetes** is an autoimmune disease that occurs when the pancreas no longer produces any insulin or produces very little insulin.

**Type 2 diabetes** is a disease that occurs when the pancreas does not produce enough insulin to meet the body’s needs and/or the body is unable to respond properly to the actions of insulin which is known as insulin resistance.

**Gestational diabetes** is first diagnosed or first develops during pregnancy. Blood glucose levels usually return to normal following delivery, but both mother and child are at higher risk of developing type 2 diabetes later in life.

**Prediabetes** refers to a condition where a person’s blood glucose levels are higher than normal, but not yet high enough to be diagnosed as type 2 diabetes. Fifty per cent of people with prediabetes go on to develop the disease.

If you think you may have diabetes, or the risk factors for diabetes, you need to take action now. First, talk to a healthcare professional about your concerns, including your risk factors and symptoms. He or she can arrange for a blood test, if needed. It’s also important to educate yourself. For more information about diabetes, visit diabetes.ca.

**About this calendar**

The Canadian Diabetes Association’s Healthy Living Calendar is full of great tips and delicious recipes to help you live well with diabetes.

**How to use the calendar**

Every month, you will find a great healthy recipe complete with nutritional information. For carbohydrate choice information and for additional recipes, please visit diabetes.ca/recipes.

Along with a recipe each month, you will also find informative nutrition myths and facts.

**Join us in the fight against diabetes**

Donate today at diabetes.ca/donate

Find a volunteer role near you at diabetes.ca/volunteer

Learn more about becoming a diabetes advocate by contacting us at advocacy@diabetes.ca
Blueberry bannock

Enjoy this whole-wheat, baked version of a traditional Aboriginal recipe. Canola oil helps produce a light and tender crumb.

Yield: 8 servings       Serving size: ⅛ bannock

Ingredients:

1 cup (250 mL) whole-wheat flour
1 cup (250 mL) all-purpose flour
¾ cup (175 mL) fresh or frozen blueberries
2 Tbsp (30 mL) baking powder
½ tsp (2 mL) ground cinnamon
⅛ tsp (0.5 mL) salt
½ cup (125 mL) skim milk
½ cup (125 mL) water
1 Tbsp (15 mL) canola oil

Instructions:

1. Preheat oven to 400°F (200°C).
2. In bowl, combine flours, blueberries, baking powder, cinnamon and salt.
3. Stir in milk, water and canola oil and, using hands, moisten all ingredients, handling dough as little as possible.
4. Turn dough out of bowl and place on lightly floured surface.
5. Using hands, form disc about ½ inch (1-cm) thick and about 9 – 10 inches (22 – 25 cm) in diameter. If necessary, sprinkle with flour to keep dough from sticking. Cut into 8 wedges.
6. Place wedges on parchment-lined baking sheet and bake for 15 – 20 minutes or until bannock is golden brown.

Nutritional Analysis:

Calories 130 • Total Fat 2 g • Saturated Fat 0 g • Cholesterol 0 mg
Carbohydrates 24 g • Fibre 2 g • Sugars 2 g • Protein 5 g
Sodium 340 mg • Potassium 111 mg
Lend your voice.
Join a powerful group of supporters who are fighting for the rights of Canadians living with diabetes. Visit diabetes.ca/advocacy to find out more.

The Canadian Diabetes Association’s Healthy Living Calendar 2014
1-800-BANTING (226-8464) | diabetes.ca
Easy chicken biryani

This is a quick, easy and healthy version of the traditional East Indian dish! Canola oil’s neutral taste allows the spices to shine.

Yield: 8 servings  
Serving size: ¾ cup (175 mL)

Ingredients:
- 2 Tbsp (30 mL) canola oil
- 1 cup (250 mL) finely chopped onion
- 2 cloves garlic, minced
- 2 Tbsp (30 mL) finely grated fresh ginger
- ½ Tbsp (7 mL) ground cumin
- ½ Tbsp (7 mL) ground coriander
- ¾ tsp (4 mL) ground turmeric
- ½ tsp (2 mL) ground cardamom
- 3 cloves
- 1 cinnamon stick
- 1⅓ cup (400 mL) basmati rice, well rinsed
- 1 lb (500 g) chicken breast, cut into strips
- ¾ cup (175 mL) plain, nonfat Greek yogurt
- 2 fresh tomatoes, diced
- 3 cups (750 mL) low-sodium chicken broth
- Fresh cilantro for garnish

Instructions:
1. In saucepan, heat canola oil over medium-high heat and sauté onion, garlic, ginger, cumin, coriander, turmeric, cardamom, cloves and cinnamon for 2 minutes to bring out flavours.
2. Stirring constantly, add rice, chicken, yogurt, tomato and broth; cover and simmer over medium heat for 15 minutes or until rice is tender, chicken is cooked through and liquid is absorbed. Remove from stove and let stand for 5 minutes.
3. Garnish with cilantro and serve.

Nutritional Analysis:
Calories 280  
• Total Fat 8 g  
• Saturated Fat 1.5 g  
• Cholesterol 50 mg  
• Carbohydrates 31 g  
• Fibre 3 g  
• Sugars 3 g  
• Protein 22 g  
• Sodium 75 mg  
• Potassium 186 mg

Myth: You should eat more protein than carbs if you have diabetes.
Fact: Because carbohydrates (carbs) contribute to a rise in blood sugar, it may be tempting for people with diabetes to replace them with foods that have little or no effect on blood sugars, such as protein. Substituting carbs with protein sources like meat, eggs and milk can lead to an imbalanced diet. Follow Eating Well with Canada’s Food Guide to ensure you are choosing enough foods from all four food groups.
Join Team Diabetes and help the Canadian Diabetes Association lead the fight against diabetes! Walk or run in exciting events across Canada and around the world. Challenge yourself or your work colleagues. Make a difference. You can do it! Visit teamdiabetes.ca for more information and to register today.

The Canadian Diabetes Association’s Healthy Living Calendar 2014
1-800-BANTING (226-8464) | diabetes.ca
Asian shrimp soup

This earthy Asian soup is perfect to warm you up on a cold day and canola oil’s light taste won’t interfere with the soup’s layered flavours. Add red pepper flakes if you like more heat!

Yield: 4 servings  
Serving size: 1½ cups (375 mL)

Ingredients:

1 garlic clove, minced  
1 small onion, chopped  
2 carrots, diced  
2 celery stalks, chopped  
1 Tbsp (15 mL) canola oil  
1 – 2 Tbsp (15 – 30 mL) red curry paste  
1 Tbsp (15 mL) low-sodium soy sauce  
8 cups (2 L) low-sodium chicken broth  
1 cup (250 mL) Shiitake mushrooms  
2 cups (500 mL) chopped Chinese cabbage  
2 Tbsp (30 mL) finely grated fresh ginger  
12 medium shrimp, peeled and deveined  
2 green onions, sliced, for garnish

Instructions:

1. In saucepan, sauté garlic, onion, carrot and celery in canola oil over medium-high heat for about 3 minutes.
2. Stir in curry paste, soy sauce, chicken broth and bring to boil over high heat.
3. Add Shiitake mushrooms, Chinese cabbage and ginger. Cook for 3 minutes and add shrimp. Cover and cook for about 2 – 3 minutes or until shrimp turn pink.
4. Serve in soup bowls and garnish with green onion.

Nutritional Analysis:

Calories 170  
• Total Fat 4.5 g  
• Saturated Fat 0.5 g  
• Cholesterol 25 mg  
• Carbohydrates 31 g  
• Fibre 6 g  
• Sugars 5 g  
• Protein 7 g  
• Sodium 290 mg  
• Potassium 294 mg

Myth: You don’t have to worry about fats when you have diabetes.

Fact: Because fats don’t directly affect blood sugar levels, people with diabetes don’t often pay as much attention to them as carbs. However, fats do contribute to weight gain and can lead to diabetes-related complications. Reduce the fat in your diet with a few simple changes, like removing poultry skin and fat from meat, choosing low-fat dairy products, and avoiding hydrogenated oils and fried foods.
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- **February 2014**:
  - 1: National Nutrition Month
  - 2: Daylight Savings Time begins
  - 9: Ash Wednesday
  - 16: St. Patrick’s Day
  - 23: First day of spring

- **March 2014**:
  - 1: canola info.org
  - 15: St. Patrick’s Day

**Lead the fight against diabetes in your community** by hosting a fundraising event. Visit [diabetes.ca/myfundraiser](http://diabetes.ca/myfundraiser) to register your event today.
Pork fajitas with mango

This zesty yogurt sauce and mango add a new twist to fajitas!

Yield: 4 servings  Serving size: 1 fajita

Ingredients:

- 1 cup (250 mL) plain, nonfat Greek yogurt
- 2 Tbsp (30 mL) lime juice
- 1 tsp (5 mL) lime zest
- 1 tsp (5 mL) chili powder
- 1 Tbsp (15 mL) canola oil
- 1 lb (500 g) thin boneless pork chops, cut into thin strips
- 1 small onion, cut into thin strips
- ½ red bell pepper, seeds removed, cut into thin strips
- ½ green bell pepper, seeds removed, cut into thin strips
- 1 mango, cut into thin strips
- 4 whole wheat 6-inch (15-cm) tortillas

Instructions:

1. In bowl, combine yogurt, lime juice, lime zest and chili powder. Store in refrigerator until ready to serve.
2. In large nonstick skillet, heat canola oil over high heat. Add pork; cook for 5 – 7 minutes, stirring frequently. Remove and set aside.
3. In same skillet, sauté onion and bell peppers for about 5 minutes.
4. Return pork to skillet. Add mango; sauté for 1 minute.
5. To serve, divide pork mixture evenly between tortillas. Add 2 Tbsp (30 mL) of chili yogurt sauce and roll tortilla burrito-style.

Nutritional Analysis:

- Calories 320  •  Total Fat 10 g  •  Saturated Fat 3.5 g  •  Cholesterol 35 mg
- Carbohydrates 19 g  •  Fibre 2 g  •  Sugars 3 g  •  Protein 14 g
- Sodium 125 mg  •  Potassium 196 mg

Myth: People with diabetes shouldn’t eat white-colour foods.
Fact: Some people believe that all white-colour foods are starchy and sugary and should be avoided if you have diabetes. As with all foods, moderation and portion control are key. Check your blood sugar levels before and after eating foods such as white rice or pasta to see how they affect you, eat in moderation, and substitute healthier whole-grain alternatives for foods like white bread.
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Myth vs. Fact

Myth: People with diabetes should only eat “special foods.”
Fact: You can eat almost any food if you have diabetes. Sweets and other common treats are not completely off-limits, but portion control is essential. What’s most important: eating a low-fat, high-fibre diet rich in fruits and vegetables.

Tofu stir-fry

Marinating the tofu adds flavour to this tasty vegetarian dish! Canola oil’s high smoke point makes it perfect for high-heat stir-fries. Serve over brown rice.

Yield: 6 servings       Serving size: 1 cup (250 mL)

Ingredients:

Marinade
1 Tbsp (15 mL) low sodium soy sauce
1 Tbsp (15 mL) rice vinegar
2 tsp (10 mL) canola oil
3 Tbsp (45 mL) lime juice
1 Tbsp (15 mL) honey
1 tsp (5 mL) onion powder

Stir-fry
1 lb (500 g) firm tofu, well drained, patted dry and cut into 12 rectangles
1 Tbsp (15 mL) canola oil
2 small onions, cut into wedges
1 large red bell pepper, seeds removed, cut into 1-inch (2.5 cm) squares
4 mini bok choy, stems and greens separated
1 Tbsp (15 mL) minced fresh ginger
2 garlic cloves, minced
2 cups (500 mL) Shiitake mushrooms

Instructions:

1. In bowl, whisk together soy sauce, vinegar, canola oil, lime juice, honey and onion powder. Incorporate tofu and marinate for 15 minutes (reserve marinade).
2. In wok, heat canola oil over medium-high heat. Cook tofu for about 2 minutes per side or until golden. Set tofu aside.
3. In same wok, stirring constantly, cook onions for 3 – 5 minutes or until browned. Add bell pepper, bok choy stems, ginger and garlic; cook for 3 minutes. Add mushrooms; cook for 2 minutes. Add bok choy greens, reserved marinade and tofu; cook for 2 minutes. Serve immediately.

Nutritional Analysis:

Calories 190 · Total Fat 8 g · Saturated Fat 1 g · Cholesterol 0 mg
Carbohydrates 25 g · Fibre 3 g · Sugars 6 g · Protein 9 g
Sodium 70 mg · Potassium 408 mg
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**May 2014**

- **3**
  - Discovery of insulin announced (1922)

- **11**
  - Mother’s Day

- **18**
  - Victoria Day

- **25**

- **29**

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**Become a monthly donor** today and join a very special group of our most loyal and dedicated supporters. Visit [diabetes.ca/donate](http://diabetes.ca/donate) for more information.

The Canadian Diabetes Association’s Healthy Living Calendar 2014

1-800-BANTING (226-8464) | diabetes.ca
Bunless bison burger with sautéed vegetables and balsamic reduction

Upgrade this bun-less burger with a balsamic reduction and sautéed vegetables, made with canola oil to help keep saturated fat in check. Dijon mustard and rosemary enhance the flavour of bison.

Yield: 4 servings  Serving size: 1 burger

Ingredients:

- ½ cup (125 mL) balsamic vinegar
- 1 lb (500 g) ground bison or lean ground beef
- 2 Tbsp (30 mL) breadcrumbs
- 1 tsp (5 mL) Dijon mustard
- 1 tsp (5 mL) finely chopped fresh rosemary
- ¼ tsp (1 mL) salt
- ¼ tsp (1 mL) ground pepper
- 1½ Tbsp (20 mL) canola oil, divided
- 2 small onions, sliced
- 1½ cup (375 mL) sliced mushrooms
- 1 red bell pepper, seeds removed, sliced

Instructions:

1. In small saucepan, bring balsamic vinegar to a boil. Reduce heat and simmer for about 10 minutes or until the vinegar is syrupy.
2. Meanwhile, in bowl, combine bison, breadcrumbs, mustard, rosemary, salt and pepper. Shape four burgers and set aside.
3. In nonstick skillet, heat 1 Tbsp (15 mL) of canola oil over medium-high heat and cook onions for 3 – 5 minutes or until browned, stirring constantly. Add mushrooms and bell pepper; cook for 3 minutes. Remove and set aside.
4. In same skillet, heat remaining canola oil and cook bison burgers until the meat is fully cooked.
5. Garnish bison burgers with sautéed vegetables and drizzle with reduced balsamic vinegar.

Nutritional Analysis:

Calories 260 • Total Fat 10 g • Saturated Fat 2 g • Cholesterol 55 mg
Carbohydrates 15 g • Fibre 2 g • Sugars 9 g • Protein 26 g
Sodium 260 mg • Potassium 258 mg

Myth: You need to eat meals at the same time every day if you have diabetes.
Fact: Today’s medications allow for flexible eating schedules. Consult your health care team for more information.
Who we are

The Canadian Diabetes Association is a national charity and membership association, founded in 1953 by Dr. Charles Best, co-discoverer of insulin.

We are committed to excellence, partnership, innovation, integrity and respect. We are supported by a community-based network of volunteers, members, employees, health-care professionals, researchers and partners. By providing education and services to people living with diabetes, advocating on their behalf, supporting innovative research and setting the standard for diabetes care, we are delivering on our mission to lead the fight against diabetes by helping people with diabetes live healthy lives while we work to find a cure.

Every day, the Canadian Diabetes Association is:

- Creating awareness about diabetes and speaking out on issues affecting people living with diabetes.
- Providing hope and improving the lives of people living with diabetes.
- Supporting promising discoveries through research.

You can make a difference

For more than 50 years, the Canadian Diabetes Association has been leading the fight against diabetes. By joining the fight today, you can help:

- Fund 109 research initiatives underway across the country – any one of which could lead to a cure or offer new, life-changing treatments.
- Provide vital support through programs and services, as well as the most up-to-date information and tools to help the more than nine million Canadians living with diabetes or prediabetes manage the disease.
- Serve as a voice for Canadians with diabetes by advocating to all levels of government to improve diabetes policies, access to quality care, and fair and equitable treatment.

Ways to give

Visit diabetes.ca/donate to choose from a variety of donation methods.

- Donate online.
- Make a gift in memory or in honour of someone special. Commemorate a loved one’s life or honour someone special by donating to celebrate a birth, birthday, wedding or other special occasion.
- Arrange for a monthly donation. Sign up for monthly gifts to make a difference in the fight every day of the year.
- Support the Clothesline® Program. Schedule a free pick-up of your gently used clothing, small household and electronic items at diabetes.ca/promise or 1-800-505-5525.
- Leave a gift in your will or another legacy gift. Invest in a future without diabetes while taking advantage of various benefits and tax considerations.

Ways to get involved

Visit diabetes.ca for more information on any of these opportunities.

- Become a member or volunteer. By becoming a member or volunteer, you can be part of something much bigger – a powerful alliance that will one day lead to a cure.
- Raise funds for the Canadian Diabetes Association. Join Team Diabetes or host a fundraising event in your community.
- Become a corporate supporter. Get your company involved by arranging for a corporate sponsorship, hosting an event or encouraging your employees to volunteer.
- Lend your voice. Join a powerful group of supporters who are fighting for the rights of Canadians living with diabetes.
The Plate Method

Using a standard dinner plate, follow this model to control your portion sizes.

**Grains and Starches**
- Choose whole grains
- Choose high-fibre grains, especially those with soluble fibre (such as barley, brown rice, multigrain pasta)
- Choose low-glycemic index foods

**Fruits**
- Choose whole and unprocessed fruit for more fibre

**Vegetables**
- Choose a variety of colours
- Choose high-fibre vegetables
- Choose fresh vegetables if possible

**Milk & Alternatives**
- Choose lower-fat milk (such as skim or 1%) and milk products (such as low-fat yogurt)
- Choose low-fat milk alternatives such as soy- or rice-based products

**Meat & Alternatives**
- Choose at least 2 meals per week of fatty fish (such as salmon, trout, sardines)
- Choose plant protein more often (such as tofu, legumes, lentils)
- Choose lean meats, trim visible fat, remove skin from poultry
- Choose lower-fat cheese (less than 20% milk fat)

**TIPS**
- Choose lower-fat foods
- Limit food sources of cholesterol
- Limit saturated fats
- Choose high-fibre foods
- Avoid trans fats

**Healthy eating is essential to managing diabetes**
Handy portion guide

Grains and starches*
Choose an amount the size of your fist for fruit, grains and starches.

Vegetables*
Choose as much as you can hold in both hands. Choose brightly coloured vegetables (e.g., green or yellow beans, broccoli).

Meat and alternatives*
Choose an amount the size of the palm of your hand and the thickness of your little finger.

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

Milk and alternatives*
Drink up to 250 mL (8 oz) of low-fat milk with a meal.

Read the nutrition facts

1. Serving size Compare the serving size on the package to the amount that you eat.

2. % Daily Value (% DV) tells you if there is a little or a lot of nutrient in one serving. Compare similar products. Choose foods with a lower % DV of fat and a higher % DV of fibre.

3. Choose foods with:
   • Lower fat content.
   • Little or no saturated fat.
   • No trans fat.

4. Cholesterol
   • Choose foods with little or no cholesterol.
   • Aim for less than 200 mg of cholesterol per day.

5. Sodium
   • Choose foods with less sodium.

6. Fibre
   • Choose foods high in fibre.
   • Aim for 25 g or more of fibre per day.

Read the ingredient list on food packages. Avoid foods containing these fats:
   • Hydrogenated or partially hydrogenated oil or shortening.
   • Tropical fats such as coconut, palm and palm kernel oils.

Nutrition Facts
Per 90 g serving (2 slices)

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

For SMALLER appetites

**Breakfast:**
cold cereal (½ cup, 125 mL)
whole grain toast (1 slice)
1 orange
low-fat milk (1 cup, 250 mL)
peanut butter (2 tbsp, 30 mL)
tea or coffee, black

**Lunch:**
1 sandwich
- 2 slices of whole grain bread or 6 inch pita
- lean meat, chicken or fish (2 oz, 60 g)
- non-hydrogenated margarine (1 tsp, 5 mL)
carrots
grapes (½ cup, 15 pieces)
low-fat plain yogurt (¼ cup, 175 mL)
tea or coffee, black

**Dinner:**
potato (1 medium) or rice (½ cup, 150 mL)
vegetables
non-hydrogenated margarine (1 tsp, 5 mL)
lean meat, chicken, or fish (2 oz, 60 g)
cantaloupe (1 cup, 250 mL)
low-fat milk (1 cup, 250 mL)
tea or coffee, black

**Evening snack:**
low-fat cheese (1 oz, 30 g)
whole grain crackers (4)

For BIGGER appetites

**Breakfast:**
cold cereal (½ cup, 125 mL)
whole grain toast (2 slices)
1 orange
low-fat milk (1 cup, 250 mL)
low-fat cheese (2 oz, 60 g)
tea or coffee, black

**Lunch:**
soup (1 cup, 250 mL)
1 sandwich
- 2 slices of whole grain bread or 6 inch pita
- lean meat, chicken or fish (3 oz, 90 g)
- tomato slices
- non-hydrogenated margarine (1 tsp, 5 mL)
carrots
grapes (½ cup, 15 pieces)
low-fat plain yogurt (¼ cup, 175 mL)
tea or coffee, black

**Afternoon snack:**
1 medium apple or small banana

**Dinner:**
1 large potato or cooked noodles (1½ cup, 375 mL)
vegetables
green salad with low-fat salad dressing
lean meat, chicken or fish (4 oz, 120 g)
1 medium pear
low-fat milk (1 cup, 250 mL)
tea or coffee, black

**Evening snack:**
peanut butter (4 tbsp, 60 mL)
whole grain crackers (4)
low-fat milk (1 cup, 250 mL)

My healthy habits checklist

Check the box that best describes your habits.

1. I limit the alcohol I drink to what is best for me.
   - Yes
   - No
   - Not sure

2. I take my blood pressure medication as my doctor prescribed.
   - Yes
   - No
   - Not sure

3. I take my cholesterol medication as my doctor prescribed.
   - Yes
   - No
   - Not sure

4. I have healthy eating habits such as choosing low-fat foods and avoiding saturated and trans fat.
   - Yes
   - No
   - Not sure

5. I limit cholesterol-containing foods such as egg yolks, liver, and shrimp. I make high-fibre choices (such as eating whole grain breads, cereals, lentils, and dried beans).
   - Yes
   - No
   - Not sure

6. I eat enough vegetable and fruit servings every day by following Eating Well with Canada’s Food Guide.
   - Yes
   - No
   - Not sure

7. I am physically active by exercising 150 minutes each week.
   - Yes
   - No
   - Not sure

8. I manage stress in a healthy way.
   - Yes
   - No
   - Not sure

9. I am a non-smoker.
   - Yes
   - No
   - Not sure

New! Visit diabetes.ca/resources for tools developed from the 2013 Clinical Practice Guidelines to help you better manage your diabetes.
Have a birthday, wedding or anniversary coming up?
Send an eCard and make a gift in honour of someone special.
Visit diabetes.ca/donate for details.
Crisp salad with chayote and orange

Chayote fruit are grown in warmer climates such as Mexico. They are mild in flavour with a crisp texture. Canola oil lets the vinaigrette’s lively taste come to the forefront.

Yield: 4 servings   Serving size: 1¼ cup (300 mL)

Ingredients:

**Vinaigrette**
- 1½ Tbsp (20 mL) canola oil
- 1 Tbsp (15 mL) orange juice
- 1 Tbsp (15 mL) white wine vinegar
- 1 tsp (5 mL) sesame oil
- 1 Tbsp (15 mL) honey
- 1 Tbsp (15 mL) orange zest
- 1½ Tbsp (20 mL) finely grated fresh ginger
- 1 tsp (5 mL) Dijon mustard
- ¼ tsp (1 mL) ground pepper

**Salad**
- 1 large chayote, unpeeled, cut into thin strips*
- 2 cups (500 mL) spinach
- 1 red bell pepper, seeds removed, cut into strips
- 2 oranges, peeled and cut into segments
- ¼ small red onion, finely chopped

Instructions:
1. In small bowl, whisk together canola oil, orange juice, vinegar, sesame oil, honey, orange zest, ginger, mustard and pepper. Set aside.
2. In large bowl, mix chayote, spinach, bell pepper, orange segments and onion.
3. Pour vinaigrette over salad, toss and serve.

*Tip: You can substitute chayote with an Asian pear or a green apple.

Nutritional Analysis:
- Calories 150 • Total Fat 7 g • Saturated Fat 0.5 g • Cholesterol 0 mg
- Carbohydrates 23 g • Fibre 5 g • Sugars 16 g • Protein 2 g
- Sodium 55 mg • Potassium 350 mg

**MYTH vs. FACT**

*Myth:* Fruit is bad for people with diabetes.

*Fact:* Contrary to popular belief, fruit is a part of a healthy diet for people with diabetes. *Eating Well with Canada’s Food Guide* recommends a minimum of seven servings of vegetables and fruit a day for adults. The natural sugars in fruit contain calories and raise blood sugar, so choose up to three servings of fruit per day and focus more on vegetables. Also, talk to your dietitian or diabetes educator about how to include fruit in your diet.
Support the Canadian Diabetes Association and protect the environment by donating gently used clothing, household items and electronics. Visit diabetes.ca/clothesline to learn more about three easy options: home pick-up, drop-off in a donation box or at a Clothesline® donation centre.
Mahi-mahi

With pineapple salsa

This mahi-mahi has a fresh summer flavour, thanks to the combination of mint and pineapple. Canola oil’s light taste helps those fresh flavours stay bright.

Yield: 4 servings
Serving size: 1 fillet of mahi-mahi (6 oz/170 g) and ½ cup (125 mL) of salsa

Ingredients:

- 1½ cup (375 mL) diced fresh pineapple
- ¼ cup (60 mL) chopped red onion
- ½ cup (125 mL) diced, seeded red bell pepper
- 1 Tbsp (15 mL) chopped fresh mint
- 1 Tbsp (15 mL) fresh lime juice
- 1 Tbsp (15 mL) canola oil
- 4 mahi-mahi fillets (6 oz/170 g each)
- ¼ tsp (1 mL) freshly ground pepper

Instructions:

1. In bowl, combine pineapple, onion, red pepper, mint, and lime juice; refrigerate until ready to serve.
2. In nonstick skillet, heat canola oil over medium heat. Add fish and sprinkle with pepper. Cook for 3 – 5 minutes. Turn and cook for additional 3 – 5 minutes or until desired doneness.
3. Top fish with salsa and serve.

Nutritional Analysis:

Calories 220 · Total Fat 5 g · Saturated Fat 0.5 g · Cholesterol 125 mg
Carbohydrates 11 g · Fibre 1 g · Sugars 7 g · Protein 32 g
Sodium 150 mg · Potassium 836 mg
Give the gift of hope to millions of Canadians affected by diabetes by leaving a gift in your will. Visit diabetes.ca/legacy or call 1-800-BANTING (226-8464) to find out more.
**Grilled corn and tomato salad**

This is a light and summery dish that shows off corn and tomatoes at their best. Canola helps keep saturated fat to a minimum.

**Yield:** 6 servings  
**Serving size:** 2/3 cup (150 mL)

**Ingredients:**

**Vinaigrette**  
½ tsp (2 mL) ground cumin  
½ tsp (2 mL) ground coriander  
1 ½ Tbsp (20 mL) canola oil  
2 Tbsp (30 mL) lime juice  
1 tsp (5 mL) lime zest  
1 clove garlic, minced

**Salad**  
2 ears corn on the cob, shucked and grilled*  
2 cups (500 mL) cherry tomatoes, cut in half  
½ red onion, thinly sliced  
1/8 cup (75 mL) Kalamata olives, whole and pitted  
1 head leaf lettuce, shredded  
3 hard-boiled eggs, quartered

**Instructions:**

1. In small bowl, whisk together cumin, coriander, canola oil, lime juice, lime zest and garlic. Set aside.
2. In large bowl, gently combine corn, tomatoes, onion, olives and vinaigrette.
3. Divide lettuce among four plates; top with salad and garnish with egg.

**Tip:** You can replace the fresh shucked and grilled corn with 1 cup (250 mL) frozen or low-sodium canned corn.

**Nutritional Analysis:**

Calories 110  
• Total Fat 7 g  
• Saturated Fat 1 g  
• Cholesterol 95 mg  
• Carbohydrates 8 g  
• fibre 2 g  
• Sugars 3 g  
• Protein 5 g  
• Sodium 95 mg  
• Potassium 210 mg

---

**Myth:** People with diabetes need to eat lots of snacks.  
**Fact:** People with diabetes are encouraged to eat three meals per day, four to six hours apart. If your meals are more than six hours apart, you may benefit from having snacks. Some people may benefit from eating frequent small snacks during the day instead of three meals. Your health care team can help you choose healthy snack options and the best meal planning strategy for you.
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Get involved as a volunteer and help people living with diabetes. To learn more, visit [diabetes.ca/volunteer](http://diabetes.ca/volunteer) or call 1-800-BANTING (226-8464) to speak to a volunteer engagement coordinator in your region.

The Canadian Diabetes Association’s Healthy Living Calendar 2014
1-800-BANTING (226-8464) | [diabetes.ca](http://diabetes.ca)
Wild rice and apple stuffed acorn squash

The sweetness of the apple here complements the delicate flavours of squash, celery and thyme. Canola oil’s high-heat tolerance makes it an ideal choice for both roasting and sautéing in this dish.

Yield: 4 servings  
Serving size: ½ squash

Ingredients:

- ¼ cup (60 mL) wild rice, rinsed*
- 2 small acorn squash, halved and cored
- 1 Tbsp plus 2 tsp canola oil (25 mL)
- ½ cup (125 mL) finely chopped onion
- 2 garlic cloves, finely chopped
- 2 celery stalks, diced
- 1 large red apple, unpeeled and diced
- 1 Tbsp (15 mL) fresh thyme

Instructions:

1. In glass or metal bowl, cover wild rice with 1 cup (500 mL) boiling water. Let sit covered for 1 hour until kernels pop, and then drain the water.
2. Preheat oven to 400°F (200°C).
3. Brush inside of each squash half with ½ tsp (2 mL) canola oil.
4. Place squash, flat side down, on a parchment-lined baking sheet. Bake for 30 minutes or until squash is tender.
5. Five minutes before squash finish cooking, prepare stuffing. In nonstick skillet, sauté onion, garlic and celery in remaining canola oil over medium-high heat for about 3 minutes. Add apple; cook for 2 minutes. Add rice and thyme; mix well.
6. Remove squash from oven and stuff with wild rice blend. Serve.

*Tip: For convenience, use leftover or canned wild rice and omit step 1.

Nutritional Analysis:

Calories 210 • Total Fat 6 g • Saturated Fat 0.5 g • Cholesterol 0 mg
Carbohydrates 40 g • Fibre 6 g • Sugars 12 g • Protein 4 g
Sodium 35 mg • Potassium 950 mg
**Healthy Workplace Month**

- **October 1**
- **November 1**

**Yom Kippur**

- **October 3**

**Eid-al-Adha**

- **October 5**

**Thanksgiving Day**

- **November 14**

**World Food Day**

- **November 16**

**Diwali**

- **November 22**

**Nobel Prize awarded for discovery of insulin** *(1923)*

- **November 25**

**Banting House 94th anniversary**

- **October 31**

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**Need help managing your diabetes?**

Visit [diabetesgps.ca](http://diabetesgps.ca) and download the mobile app to help keep your diabetes in check no matter where you are!

The Canadian Diabetes Association’s Healthy Living Calendar 2014

1-800-BANTING (226-8464) | [diabetes.ca](http://diabetes.ca)
Chana masala

This spicy vegetarian dish is made healthier with the use of canola oil, which has the least saturated fat of all common cooking oils. If you like your food spicier, add red pepper flakes.

Yield: 4 servings  
Serving size: 1½ cups (375 mL)

Ingredients:

- 2 Tbsp (30 mL) canola oil
- 1 tsp (5 mL) cumin seeds
- 1 small onion, finely chopped
- 1 Tbsp (15 mL) grated fresh ginger
- 1 tsp (5 mL) curry powder
- 2 tsp (10 mL) garam masala
- 1 can 28 fl oz diced tomatoes, no salt added (796 mL)
- 2 cans 19 fl oz chickpeas, drained and well rinsed (540 mL)
- 2 Tbsp (30 mL) lemon juice
- ¼ cup (60 mL) coarsely chopped fresh cilantro

Instructions:

1. In saucepan, heat canola oil over medium heat and sauté cumin seeds for about 1 minute.
2. Add onion, ginger, curry powder and garam masala, and cook for 3 minutes, stirring constantly.
3. Add tomatoes, chickpeas and lemon juice.
4. Using spatula, scrape bottom of pan to get all cooking juices. Cover and cook for 10 minutes.
5. Serve hot with basmati rice, naan bread or dosa. Garnish with cilantro.

Nutritional Analysis:

Calories 170 • Total Fat 5 g • Saturated Fat 0 g • Cholesterol 0 mg
Carbohydrates 25 g • Fibre 6 g • Sugars 6 g • Protein 7 g
Sodium 165 mg • Potassium 30 mg

Myth: Carbs are bad for people with diabetes.
Fact: Carbs are an essential part of any diet. They provide energy and help regulate blood sugar levels. Include them in your meals and snacks to regulate, and prevent drops in your blood sugars throughout the day, especially if you are taking certain diabetes pills or insulin.
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<td>14 World Diabetes Day Frederick G. Banting born (1891)</td>
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November is Diabetes Awareness Month!
Visit diabetes.ca to find out about events in your area and how you can get involved.
Baked apple and banana oatmeal

Upgrade your oatmeal with this baked version – made especially heart-healthy with the use of canola oil, which is rich in omega-3 fat and is a good source of vitamin E. You can substitute berries for the apple if you prefer.

Yield: 8 servings  Serving size: ½ cup (125 mL)

**Ingredients:**
- 2 cups (500 mL) rolled oats
- ½ Tbsp (7 mL) baking powder
- 1 tsp (5 mL) cinnamon
- ¼ tsp (1 mL) salt
- 1 apple, diced
- 1 banana, sliced
- 1 egg
- 1 cup (250 mL) skim milk
- 3 Tbsp (45 mL) canola oil
- ½ cup (75 mL) maple syrup or brown sugar
- ¾ tsp (4 mL) vanilla extract
- canola oil cooking spray

**Instructions:**
1. Preheat oven to 350°F (180°C).
2. In large bowl, mix together oats, baking powder, cinnamon and salt. Stir in apples and banana; set aside.
3. In another bowl, whisk together egg, milk, canola oil, maple syrup or brown sugar and vanilla extract. Pour over dry mixture and gently stir to combine.
4. Spray 8- x 8-inch (20- x 20-cm) baking dish with canola oil spray. Pour mixture into baking dish and bake for 45 minutes or until golden brown.

**Nutritional Analysis:**
- Calories 210  •  Total Fat 7 g  •  Saturated Fat 0.5 g  •  Cholesterol 25 mg
- Carbohydrates 33 g  •  Fibre 3 g  •  Sugars 15 g  •  Protein 5 g
- Sodium 170 mg  •  Potassium 182 mg
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It’s not too late to make your 2013 donation!

The Canadian Diabetes Association’s Healthy Living Calendar 2014
1-800-BANTING (226-8464) | diabetes.ca
Not all Fats are Created Equally!

Everyone needs some fat in their diet for good health. Fat supplies energy, carries flavours and helps your body absorb fat-soluble vitamins like A, D, E, and K. But it’s important to choose foods that provide unsaturated fat in place of those with saturated or trans fat to help reduce the risk of heart disease.

### Get the Right Fats in Your Diet

**Health professionals recommend to:**

- Keep total daily fat intake between 20-35 percent of calories.
- Eat a small amount of unsaturated fats each day.
- Limit the amount of saturated and trans fats.

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#### Comparison of Dietary Fats

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**Higholeic safflower oil**

Fatty acid content normalized to 100%

*Trace

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**Unsaturated fats** are a type of fat found in foods. They can help lower LDL- and total blood cholesterol levels when used in place of saturated fat. Unsaturated fats tend to remain liquid at room temperature and are found in oils like canola oil, nuts, seeds and fish.

The two types of unsaturated fat are called **polyunsaturated fat** and **monounsaturated fat**.

Polyunsaturated fat from plant sources provides omega-3 and omega-6 **essential fatty acids** that the body can’t make on its own.

**Saturated fat** is a type of fat that can raise LDL-cholesterol in the blood which is a risk factor for heart disease. Saturated fats tend to be solid at room temperature and are typically found in animal products and tropical oils.

**Trans fats** are formed when liquid oils are made into solid fats using a process called hydrogenation. They have been shown to not only increase LDL-cholesterol, but can reduce HDL-cholesterol, too, which may also increase the risk for heart disease.

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