

# Until Your Appointment....

## Diet-Related Information

### What should I eat?

Eat a variety of foods each day from the following groups:

**Milk and alternatives:** milk, yogurt

**Protein foods:** meat, fish, poultry, eggs, cheese

**Starchy foods:** bread, rice, pasta, potato, plain cookies

**Fruits and vegetables:** fresh, frozen or canned fruit in juice

### These foods will not affect your blood sugar:

Broth, coffee and tea, herbs and spices, lemon, light Jello™, sugar free pop, soda/mineral water, artificial sweeteners

### What should I limit until I talk with a dietitian?

Sugar, honey and syrup, cakes, pies, donuts, canned fruit in syrup, regular pop and tonic water, sweetened fruit juices, regular Jello™, puddings, and sherbet, chocolates, candies and popsicles

### When should I eat?

Eat three balanced meals a day, spaced four to six hours apart.

### Should I snack?

- Always have a small bedtime snack.
- Choose snacks such as: plain cookies (3 arrowroots), crackers (6 small), piece of fruit, small container of "no sugar added" yogurt or a cup of milk.



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## OTHER FREQUENTLY ASKED QUESTIONS

### How do I use my glucometer?

Instruction will be provided at the first class. In the meantime, you can request help from your pharmacist if you wish.

### How often should I check my blood sugar?

Until you attend the classes, follow any recommendations your family physician has provided.

### What are the target blood sugars?

- Before you eat: 4.0-7.0 (mmol/L)
- Two hours after you eat: 5.0-10.0 (mmol/L)



### Can I bring someone to my appointment?

- Yes, you are welcome to bring a support person
- You cannot have family or friends come in your place

### Can I bring someone to translate for me at the classes?

It is hospital policy to book a third-party interpreter for all patients with a language barrier *free of charge*. If you require an interpreter, please call the front office at 519 661-1600 to make a request.

### I just wanted to speak with a dietitian. Why am I booked for classes?

Comprehensive education will be provided by both nurses and dietitians at each class. The class format allows us to see all our patients in a timely manner.

### I have been there before. Why do I need to fill out forms?

We need to ensure the information is up to date. Also, if it has been over 2 years since your last appointment, your chart is no longer active in our clinic and a new chart will need to be started.

**IF YOU HAVE OTHER QUESTIONS, PLEASE CALL 519 661-1600**

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