

Healthy Living Tips for Diabetes Prevention & Management in Aboriginal People

Traditional Aboriginal foods can help form a balanced diet for you and your family. Eat together as a family, and make simple meals with:

- Vegetables and fruit
- Wild meat and fresh/canned fish
- Whole grain bannock and noodles, brown and wild rice, oats, and other whole grains
- Eggs
- Legumes
- Nuts and seeds
- Skim milk powder and UHT milk

Review Eating Well with Canada's Food Guide First Nations, Inuit and Métis to learn more.

Limit Fat Intake

Steam, broil, barbeque, bake and roast foods rather than frying them. Use small amounts of vegetable oil instead of lard. Read more about reducing fat in the kitchen.

Eat Smaller Portions

Smaller portions can help manage your weight. Learn how to keep your portions under control.

Limit Processed Foods

Eat processed foods less often and in small amounts. They are higher in salt, sugar and fat compared to fresh foods. Processed foods include:

- Fast food (like hamburgers, French fries and chicken nuggets)
- Pop, fruit drinks and drink crystals
- Chips and salty snacks
- Frozen dinners
- Pastries, cookies, baked goods, chocolate bars and candy
- Canned or processed meat (deli meat, hot dogs)
- Canned soups
- Processed cheese

Be Active

Try to be active for at least 150 minutes/week. That's about 30 minutes/day on five days of the week. You can start with just 10 minute at a time. Choose activities that you enjoy and ones that you can do together as a family. If you are new to physical activity, speak to your health care provider before getting started. For more tips read [Physical Activity and Diabetes](#).