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# INTRODUCTION

The goal of this book is to provide tools for eating right and better controlling diabetes.

While this book is designed for diabetics, the recommendations and recipes can be used by anyone for diabetes prevention.

This book is not a replacement for the expertise of a dietitian, who will be able to assess your needs, habits and level of physical activity and take into account your likes and dislikes to come up with a personalized nutrition program.

This program, combined with medication and physical activity, will help you better control your diabetes. Eating a more balanced diet will help reduce the risk of complications from diabetes.

# DAY 1

## BREAKFAST.....



Oatmeal with Fruit (p. 58)

**Snack**  
½ banana



## LUNCH.....



Quick Pasta Salad (p. 75)

**Snack**  
1 Blueberry Muffin (p. 118)

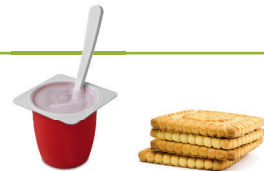


## DINNER.....



Mustard Salmon (p. 76)

**Snack**  
1 fruit yogurt  
4 social tea biscuits



# FLUFFY BLUEBERRY Pancakes

4 servings of 2 pancakes • PREPARATION: 10 minutes • COOKING TIME: 20 minutes

## INGREDIENTS

1 cup (250 ml) unbleached  
all-purpose flour

1 cup (250 ml) whole wheat flour

2 tbsp brown sugar

1 tbsp baking powder

1½ cups (375 ml) milk

3 eggs

1 tbsp canola oil

1½ cups (375 ml) frozen blueberries

## METHOD

In a bowl, combine flours, brown sugar and baking powder.

In another bowl, using a fork, combine milk, eggs and oil.

Pour wet ingredients over dry and mix thoroughly.

Add blueberries and stir until well distributed throughout batter.

Heat a large lightly oiled skillet over medium heat and pour in batter to form two pancakes the size of a soup bowl.

Cook pancakes on both sides, 5 to 6 minutes, until golden. Repeat with remaining batter.

Serve 2 pancakes per person.

## DIABETES INFO

Varieties of red and blue berries contain natural compounds called anthocyanins. These pigments are antioxidants known to reduce damage to cells and aging tissue. Premature aging of tissue can result in kidney failure, vision problems and hardening of the arteries, complications commonly found among diabetics.



## Nutrition Facts

Per serving

### Amount

Calories	360
Fat	9 g
Sodium	320 mg
Carbohydrate	55 g
Fiber	5 g
Protein	14 g

