

Diabetes Food Guide Order Form

The Diabetes Food Guide is a colorful nutrition education tool available for clients with diabetes. This double-sided page guide follows the principles of Canada's Food Guide to Healthy Eating. Foods are divided into Vegetables, Grains & Starches, Fruits, Milk & Alternatives, Meat & Alternatives, and Fats and Oils. Recommended servings and serving sizes are provided for each food group. The guide is flexible and can be used as a simple way to follow the rainbow approach to a more complex meal planning and carbohydrate counting approach.

The Diabetes Food Guide is available in English, French, Chinese, Italian, Somali, Spanish, Arabic, South Asian and Vietnamese, and an Aboriginal Medicine Wheel version is also available. They are available for purchase in **packages of 25, 50 and 100.**

The price for the Diabetes Food Guides is **\$50.00 for 100 copies**, which includes all taxes, shipping and handling.

A **\$50.00 discount per order** applies when you order 500 copies or more!

*The CDEP-O Diabetes Food Guide was a National Winner of the 2001 Speaking of Food and Eating Award and winner of 2001 CDA/DES –Practical Diabetes Resource Award.
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Please send me ***The Diabetes Food Guides***

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For ordering information, contact: The Community Diabetes Education Program of Ottawa (CDEP-O)
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