

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, African/Caribbean, 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, \$25.00 for 50 copies and \$12.50 for 25 copies** which includes all taxes, shipping and handling. (We only accept CHEQUES)

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. It is under copyright and cannot be reproduced without permission.

Please send me ***The Diabetes Food Guides***

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If you wish, you may send your payment with your order or we will invoice you. Please provide your Purchase Order number if applicable. If paying in advance please make a cheque payable to:

Centretown Community Health Centre
The Community Diabetes Education Program of Ottawa
420 Cooper Street, Ottawa, ON K2P 2N6

For ordering information, contact: The Community Diabetes Education Program of Ottawa (CDEP-O)
Telephone: (613) 233-4443 ext 2485 **Fax:** (613) 233-6713

