



*Splatsin Health Department and Seabird Mobile Diabetes team
are having a*

MOBILE DIABETES CLINIC

*MONDAY MAY 27, 1:00 – 3:00, TUESDAY MAY 28 AND
WEDNESDAY MAY 29 9:00 – 3:00 AND THURSDAY MAY 30
9:00-11:00*

Who is it for?

*People living with Diabetes and people who are curious about it.
Appointments include: Testing blood sugar ad cholesterol levels,
checking kidney function, testing Diabetic eye changes and
Diabetes Education.*

Contact: Mannie 250-306-7764 for booking





Spoonfuls of Glucose in Common Foods

This infographic demonstrates the glycemic load in teaspoons of glucose. The glycemic load represents the amount of glucose absorbed over 2 hours after eating each food. At normal blood glucose levels, there is only 1 teaspoon of glucose circulating, and the body normally utilizes 2 teaspoons of glucose per hour. Any meal that contains more than 4 teaspoons will require extra insulin.

FOOD TABLES

BEVERAGE	Serving Size	Teaspoons
Orange Juice	354 ml	4.3
Coca Cola	356 ml	5.8
Cranberry Juice	355 ml	8.5

BREAKFAST	Serving Size	Teaspoons
Oatmeal	1/2 cup	1.6
All-Bran Cereal	1 cup	2.5
Cornflakes	1 cup	5.0
Bagel-white	1 bagel	9.2
Pancake	1 x 6 inches	9.8

SNACK	Serving Size	Teaspoons
Strawberries	120 g	0.3
Peanuts	50 g	0.3
Almonds	50 g	0.4
Cashews	50 g	0.8
Orange	1 raw	1.3
Apple	1 raw	1.5
Pineapple	1/2 cup	2.8
Banana	1 raw	3.3
Raisins	43 g small box	5.1
Cliff Bar	1 bar	5.5
Snickers Bar	1 bar	5.8

LUNCH or DINNER	Serving Size	Teaspoons
Broccoli	80 g	0.1
Frozen Peas	80 g	0.9
Black Beans	3/4 cup	1.3
Lentils	3/4 cup	1.3
Corn Tortilla	1 tortilla	1.9
Pita Bread (whole grain)	1 slice	2.0
Brown Bread	1 slice	2.3
White Bread	1 slice	2.5
Sweetcorn	80 g	2.7
Quinoa	3/4 cup	3.3
Spaghetti (whole wheat)	1 cup	3.5
French Fries (baked)	150 g	5.1
Brown Rice	3/4 cup	6.0
White Potato (boiled)	1 medium	6.3
Spaghetti (white flour)	1 cup	6.3
White Bagel	1 bagel	6.3
Basmati Rice	3/4 cup	7.0

REFERENCE

Normal blood glucose at 5.5 mmol/L = 1 teaspoon of glucose

NEED MORE HELP? UPGRADE TO THE PERSONALIZED PLAN.

BOOK A NUTRITION ASSESSMENT

Get a personalized 4+2 Nutrition plan with bi-weekly 1:1 appointments with a registered dietitian to help you find your sustainable path to reversal.

