ᓇᑲᓴᐊᕐᐱᓇᓴᐃᑦ
ᒪᓯᓇᐃᑲᑦ

ᑭᑎᕐᓂᑲᓱᓴᐃᑦ

ᐅᑕᓯᓇᑌᑦ ᑌᓕᐳᓂᒥᑦ

ᐃᑐᑕᑕ ᑭᒪᓯᓇᐃᑲᑦ ᑕᓪᑕ ᐅᑦᑕᓪᐊᐸᒪᑊ
ᑲᓇᓇᑲᑕᓪᐅᓂᒥᑦᑦ ᑭᑕᑯᓯᓪᐃᓂᑦ
ᑭᒋ ᓇᓇᑲᒋᑕᔭᑦ ᑭᓇᑲᓴᐊᕐᐱᓇᓴᐃᑦ

Stand up to Diabetes

Ontario

ᑲᓇᓇᑲᑕᑦᐁᓂᒥᒋᑦ ᐁᓕᑲᑦᐊᑦᐱᓗᑦᐊᑦ

ᔅᑐᑯᓄᓂᑦ	ᐅᑌᓕᐳᓂᑦ
ᔅᑐᑯᓄᓂᑦᑫᑉ ᑲ ᔅᑐᑯᓄᓂᑦᐃ ᐃᓇᐸᑎᓯᑊ	ᐅᑌᓕᐳᓂᑦ
ᑭᒋ ᔅᑐᑯᓄᔅ	ᐅᑌᓕᐳᓂᑦ
ᑭᒋ ᔅᑐᑯᓄᔅ	ᐅᑌᓕᐳᓂᑦ
ᓕᑲᑦᐊᑦᐱᓗᑦᐃ ᑭᑦᑭᓄᐊᒪᕐᑦᐃ ᐊᑐᑦᕐᑦᐃᔅ	ᐅᑌᓕᐳᓂᑦ
ᔅᑐᑯᓄᓂᑦᑫᑉ	ᐅᑌᓕᐳᓂᑦ
ᐁᑕᒋᕐᑦᐃᑊ ᑲᑦᐃᒋᐃᑦᐁᑊ	ᐅᑌᓕᐳᓂᑦ
ᒥᒃᑭᓱᑯ ᔅᑐᑯᓄᔅ ᑲᒪᒋᔭᑦ ᒥᒃᑭᑦᑲ ᒥᒃᑭᓱᑯ ᔅᑐᑯᓄᔅ	ᐅᑌᓕᐳᓂᑦ
ᔅᑐᑯᓄᓇ ᑲ ᐅᑎᓂᑲᑌᑭ	ᐅᑌᓕᐳᓂᑦ
ᑕᑭᑦ	ᐅᑌᓕᐳᓂᑦ
ᑕᑭᑦ	ᐅᑌᓕᐳᓂᑦ

ᓇᑲᓄᐊᕐᐱᓐᓂᐅᓄ ᑭᕐᑭᓄᐊᒪᕋᓄᓄ ᐊᑐᕐᕋᓄᓄᑐ

ᒪᒪᑉ ᓂᕐᑕ ᐯᐯᔭᑦ ᓇᑲᓄᐊᕐᐱᓐᓂᐅᓄᓄ ᑭᕐᑭᓄᐊᒪᓱᓄᓄᑐ ᑲ ᐃᓱᒪ ᓇᑭᒡᑲᑐᓇᓂᓄᐊᑦ	ᐁᑕᑐᑯᓇᑭᓯᑦ ᐱᓯᑦ ᓂᕐᑕ ᐁᕐᐸᓂᑦ ᐱᓯᒧᑲᑐ

ᓂᕆᑲᓪᐊᑦᐱᐳᓐᐃᑦ ᑲ ᐅᒋ ᓇᓇᑕᓐᐃ ᑭᑦᑭᓂᑕᒪᑦ

ᑦᑕᑕᓐᑕ†	ᑕᑐ ᓂᑦᑐ ᐱᓯᑦ ᖃᑦᑕ ᐱᑯ ᑯᓐᑕᓯ ᐱᓯᑦ	ᐯᔭᓐᑲ ᐁᐱᐳᑦ	ᑕᑐ ᐯᔭᑯ ᐱᐳᑦ ᖃᑦᑕ ᐱᑯ ᓂᑦᑐ ᐱᐳᑦ	ᐯᔭᓐᑲ ᐁᐱᐳᑦ	ᐯᔭᓐᑲ ᐁᐱᐳᑦ	ᑕᓐᑕ ᐁᓐᐊᐸᒥᑲᓐᐃᑦ ᑭᓇᑲᓐᐊᑦᐱᐳᓐᐃᑦ ᐅᒋ	ᑕᓐᑕ ᐁᓇᑕᓐᐁᓂᑕᒪᑦ	ᑕᑐ ᐯᔭᑯ ᐱᐳᑦ ᖃᑦᑕ ᐱᑯ ᓂᓇ ᐱᐳᑦ	ᐯᔭᑯ ᐁᐱᐳᑦ
ᐁᑕᑐᑯᓇᑭᓯᑦ ᐱᓯᑦ	ᐯᔭᑦ ᑲ ᐃᑕᓯᓇᐃᑦ (ᒥᑯ ᓇᓇᑕᓐᐃ ᑭᑦᑭᓂᑕᒧᓐᐃᑦ)	ᒥᑐᓂ ᑲᐱᒥᓐᐊᑲᒥᑦ ᒥᑯ	ᒥᐃᐃ ᖃᑦᑕ ᒥᑯᔭᐱᔭ ᑲᐱᓵᓂᑭ ᓇᓇᑕᓐᐃ ᑭᑦᑭᓂᑕᒧᓐᐃᑦ	ᒥᐃᑎᑯᓯᓐᐊᐃ ᐁᓇᓇᑕᓐᐃᒥᓯ		ᐃᒡᐸᑲᒥᓐᑭᐸᓂᓐᐃᑦ	ᐁᑕᑐᑎᐸᐯᒡᑯᒋᑲᖃᓯᓇᓂᓐᐊᑦ	ᒥᒃᑭᓂᑦ ᐁᓇᑕᓐᐁᓂᑕᒪᑦ (ᑲᐱᑕᐸᓐᐊᑕᓂᓐᐊᑦ ᑭᒋ ᐊᐱᐸᓂᑦ ᑲ ᐅᒋ ᓐᐊᐱᔭᑦ)	ᒥᓯᑦ ᓇᓇᑕᓐᐃ ᑭᑦᑭᓂᑕᒧᓐᐃᑦ
ᑭᑦᑭᓇᓐᐊᑦᒋᑲᑦ ᑎᐸᐃᑲᑦ‡	≤7.0%	≤2.0 mmol/L	<4.0	M: <2.0 mg/mmol F: <2.0 mg/mmol	>60 mL/min	<130/80 mmHg	–	–	–
ᑲ ᐃᑌᓂᑕᒪᑦ ᑲᐃᑐᑕᒪᑦ									
ᐁᑕᑐᑯᓇᑭᓯᑦ ᐱᓯᑦ									
ᑲ ᐃᑌᓂᑕᒪᑦ ᑲᐃᑐᑕᒪᑦ									
ᐁᑕᑐᑯᓇᑭᓯᑦ ᐱᓯᑦ									
ᑲ ᐃᑌᓂᑕᒪᑦ ᑲᐃᑐᑕᒪᑦ									
ᐁᑕᑐᑯᓇᑭᓯᑦ ᐱᓯᑦ									

†ᑕᐧᐁᓂᑕᒪᓇ ᐊᑭᐊᑦᑲᑭ ᐊᒋᑭᑦ ᑭᒋ ᑲᐧᑭᐧᐊᐸᒪᐧ ᑭ ᑐᑐᑯᓄᓂᑦ ≤:ᑕᑕᐱᑕᑭ ᖃᑦᑕ ᐱᑯ ᓄᑕᑭ <:ᓄᑕᑭ >:ᐊᒋᑭᑦ

‡ᐧᐃᓇᓇᑕᐧᐃ ᑭᑦᑭᓂᑕᒪᓇ ᑭᐧᑲᑦ ᑲ ᑭ ᒥᑦᑭᑦ ᓇᑲᐧᐊᑦᐱᓇᐧᐃᑦ ᑲ ᐃᓱᒋ ᐊᐸᑎᓯᑲᒋᑲᒐᑦ ᑲᓇᑕᑦᑭᑦ 2013 ᑐᑐᑯᓄᓂᐧᐃ ᒪᓯᓇᐃᑲᑦ ᑲ ᐊᐸᑕᑦ

ᑭᑐᑯᓄᓇ ᑲ ᐃᓱ ᒪᓯᓇᐃᑲᒐᑭ (ᐊᓱᒻ ᒋᑦᑕᐃᑲᓇᐳᑦ)

ᑭᑐᑯᓄᓇ	ᑕᑐ ᑉᐁᑎᓂᑲᒐᑭ/ ᑕᑉᑕ	ᕿᑲᑦ ᑉᐁᒋ ᐅᑎᓇᒪᑦ	ᑕᓐᑦᐸᓂᑊ ᐁᐅᑎᓇᒪᑦ ᐁᑭᓱᑲᑊ

ᑲᑦᔭᐱᑲᓂᐊᖅ ᐅᑐᑯᓄᓇ ᑲ ᐊᕐᑎᑭ ᐸᓱᒻ ᑲᐸᑎᖅ

ᐅᑐᑯᓄᓇ	ᕿᑦᑲᐅ ᑉᐁᒋ ᐅᑎᓇᒪᐅ	ᑕᑐ ᑕᓐᕐᐸᓂᖅ ᐁᐅᑎᓇᒪᐅ ᐁᑭᓱᑲᖅ

ᐅᑐᑯᓄᓂᑦ ᑲ ᒪᓂᑐᑕᑯᔭᐅ

ᑭᔭᐱᒻ ᕿᑦᑲᑐ ᐧᐃᓇᓇᑕᐧᐃ ᑭᖅᕿᓂᒋᑲᒐᕿ

ᐅᑕ ᐃᓂ ᐃᑕᐱ ᓵᑲᐧᐊᖅᐱᒃᐧᐃᑐ ᑲ ᐃᓂ ᒪᓯᓇᖅᑐᐸᓂᑊ **website at ontario.ca/diabetes** ᐧᐃᒪᓯᓇᐧᐃᐸᓂᐧᑕᔭᒃ **My Diabetes Passport** ᓂᓵᑲᐧᐊᖅᐱᒃᐧᐃ ᒪᓯᓇᐃᑲᑐ ᐃᑕᐧᑲᓇ ᓇᓇᑲᐤ ᐃᓂᑭᐧᖓᐧᐃᓂᑊ

ᐅᒪ ᑲ ᐃᓂ ᒪᓯᓇᖅᑐᐸᓂᑊ, ᑲᒥᖅᕿᑐ ᑯᑕᑭᔭ ᕿᐧᑲᓇ ᓵᑲᐊᖅᐱᒃᐧᐃᑐ ᓂᓇ ᒪᑲ ᑭᒋ ᐃᐧᒐᒪᑲᑊ ᒥᓯᐧᐅ ᕿᐧᑲᑐ ᒪᓯᓇᒐᐧ ᐧᑲᔭᖅᑊ ᐧᐃᑕᒪᕿᒪᑲᑐ ᑭᒋ ᐧᐃᒋᐃᑯᓇᓂᐧᐊᑊ ᐁᓇᓇᑕᐧᐃ ᑭᖅᕿᓂᒋᑲᒐᑊ ᑭᒋ ᐧᐃᒋᐃᑎᓱᓇᓂᐧᐊᑊ

ᕿ ᑭ ᐅᑎᓇᒪᑐ ᕿᐧᑲᓇ ᕿ ᑭ ᐅᒋ ᐧᐃᒋᐃᑎᓱᔭᑐ ᐁᐱᐃᑎᓱᔭᑐ ᑭᓵᑲᐧᐊᐱᒃᐧᐃᓂᑊ

ᓵᑲᐧᐊᖅᐱᒃᐧᐃᑐ ᐅᒪ ᐃᑕᓯᓇᐃᒐᒋ
ontario.ca/diabetes

ᐧᑲᔭᖅᑊ ᐃᑕᒋᕿᐧᐃᑐ ᐅᑐᐃᓇᐅ ᐅᒪ ᐃᑕᓯᓇᐃᒐᒋ
eatrightontario.ca
1-877-510-510-2

ᑲ ᐃᓂ ᐊᔭᒥᓇᓂᐧᐊᑊ ᒥᓄᐱᒪᑎᓱᐧᐃᑐ ᐅᑐᐃᓇᐅ
1-866-797-0000

ᓵᑲᐧᐊᖅᐱᒃᐧᐃᑐ ᑲ ᐃᓂ ᐊᐸᑎᓯᑲᒋᑲᒐᑊ ᑲᓇᑕᖅᑭᑊ ᐅᒪ ᐃᑕᓯᓇᐃᒐᒋ
diabetes.ca

ᑲ ᐧᐃᒋᐃᑯᓇᓂᐧᐊᑊ ᕿ ᐃᑕᒋᑲᓂᐧᐊᑊ ᑲᓇᑕᖅᑭᑊ
ᐅᒪ ᐃᑕᓯᓇᐃᒐᒋ
hc-sc.gc.ca/fn-an/food-guide-aliment/index-eng.php

ᐧᐃᑕᒪᕿᐧᐃᓇ ᒥᒋᒥᑊ ᑲᒪᓯᓇᐃᑲᒐᒋ
ᐅᒪ ᐃᑕᓯᓇᐃᑲᒐᒋ
healthyeatingisinstore.ca

Cree - Catalogue No. 015319 Revised (PDF) March 2014 © Queen's Printer for Ontario 2014

ᑲ ᐃᒐᓂᑕᒪᑦ ᑲᑉᐃᑐᑕᒪᑦ

ᑲ ᐃᒐᓂᑕᒪᑦ ᑲᑉᐃᑐᑕᒪᑦ

ᑲ ᐃᓱ ᑭᖅᑭᓄᑉᐊᒋᑕᔭᑦ ᐁᑕᑐᑯᓇᑭᓯᑦ ᐱᓯᑦ

ᑲ ᐊᓂᒥᐃᑯᔭᑦ ᑭᒋ ᑭ ᑐᑕᒪᑦ ᑲ ᑉᐃᑐᑕᒪᑦ

ᑲ ᐃᒐᓂᑕᒪᑦ ᑭᒋ ᑭ ᐸᖅᑭᓇᑉᐊᑕᒪᑦ
(ᓇᐅᑎᓇᒪᑦ ᓇᑉᐃᒋᐃᑯᔭᑦ/ ᑐᖅᑕ ᐊᑉᐁᓂᑲᓇᑦ ᓇ ᑭ ᑉᐊᑉᐃᒋᐃᒋᑦ)

ᑕᑉᐁᔪᓂᒐᑦ ᑭᒋ ᑭᑲᒡᑭᑕᔭᑦ ᑲ ᑉᐃᑐᑕᒪᑦ

ᒧᐃ ᑲᓇᕐᓇ
ᑕᑉᐅᔪᓂᒐᑦ

1	2	3	4	5	6	7	8	9	10

ᒥᑐᓂ
ᑕᑉᐅᔪᓂᒐᑦ

Cree - Catalogue No. 015319 Revised (PDF) March 2014 © Queen's Printer for Ontario 2014

Ontario

ᑲ ᐃᑌᓂᑕᒪᑦ ᑲᑉᐃᑐᑕᒪᑦ

ᑲ ᐃᑌᓂᑕᒪᑦ ᑲᑉᐃᑐᑕᒪᑦ

ᑲ ᐃᓱ ᑭᖅᑭᓄᑉᐊᒋᑕᔭᑦ ᐁᑕᑐᑯᓇᑭᓯᑦ ᐱᓯᑦ

ᑲ ᐊᓂᒥᐃᑯᔭᑦ ᑭᒋ ᑭ ᑐᑕᒪᑦ ᑲ ᑉᐃᑐᑕᒪᑦ

ᑲ ᐃᑌᓂᑕᒪᑦ ᑭᒋ ᑭ ᐸᖅᑭᓇᑉᐊᑕᒪᑦ
(ᓇᐅᑎᓇᒪᑦ ᓇᑉᐃᒋᐃᑯᔭᑦ/ ᑐᖅᑕ ᐊᑉᐁᓂᑲᓇᑦ ᓇ ᑭ ᑉᐊᑉᐃᒋᐃᒋᑦ)

ᑕᑉᐁᔪᓂᑌᑦ ᑭᒋ ᑭᑲᒡᑭᑕᔭᑦ ᑲ ᑉᐃᑐᑕᒪᑦ

ᒧᐃ ᑲᓇᓇ
ᑕᑉᐅᔪᓂᑌᑦ

1	2	3	4	5	6	7	8	9	10

ᒥᑐᓂ
ᑕᑉᐅᔪᓂᑌᑦ

Cree - Catalogue No. 015319 Revised (PDF) March 2014 © Queen's Printer for Ontario 2014

Ontario