

How to eat well on a budget when you're living with diabetes

Small steps can make a big difference.



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▷ [Watch this video for more tips](#)

3 popular myths – busted!

MYTH #1

"I have to give up my favourite foods"

Not at all. Pizza night, mac and cheese, or traditional dishes can still be part of your routine. The key to enjoying your favourite foods is balance:

- How much? How often?
- What else is on the plate?

If you think of those things, then everything can fit.

Try adding:

- A bagged salad to balance out pizza
- Protein to mac and cheese (e.g. tuna)
- Raw veggies like baby carrots, cherry tomatoes, or mini bell peppers

MYTH #2

"Healthy eating is expensive"

It doesn't have to be. With a little planning, you can eat well on a budget. Learn where to shop, how to price match, and how to use what you already have. Frozen veggies, canned beans, and bulk grains go a long way.

MYTH #3

"Rich cultural dishes are off-limits"

Not true. Every culture has hearty, rich meals. You can enjoy them by balancing portions and adding fibre, lean protein, or veggies. Bake or broil, rather than deep fry, for a healthier dish.

Low-cost dinner challenge

TACO TUESDAY

- Canned beans
- Frozen fish or tofu
- Wraps
- Bagged slaw mix
- Optional:** Salsa, bell peppers, avocado

STIR-FRY FRIDAY

- Frozen veggie mix
- Protein:** Tofu, chicken, ground beef, or seafood
- Carb:** Rice, quinoa, or soba noodles
- Sauce:** Soy, garlic, ginger

4 ideas for everyday eating

- Use whatever you have – canned goods, leftovers
- Check flyers for deals
- Freeze extras
- Cook in batches if you can

Bonus tip: Include family and friends in meal planning and prep. Everyone can eat together!

5 budget-friendly snacks

- Peanut butter with apples or bananas
- Yogurt with frozen fruit
- Hard-boiled eggs
- Raw veggies and hummus
- Air-popped popcorn

Bonus tip: Buy in bulk and look for generic or store-brand versions.

More resources

- Browse deals and clip digital coupons: [Flipp](#), [Flashfood](#), [No Frills](#), [Food Basics](#), [Wholesale Club](#), [Bulk Mart](#)
- [Diabetes support: Your health & financial wellness](#)
- [How a financial professional can help](#)