

# Supplementary Materials: Effectiveness of a Lifestyle Intervention in Patients with Type 2 Diabetes: The Physical Activity and Nutrition for Diabetes in Alberta (PANDA) Trial

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**Table S1.** A one-day sample menu.

Table S1 A. Week 1, Day 1.

Meal	Ingredients Per Serving	Canada's Food Guide Servings
Breakfast Breakfast Parfait (see recipe, page 25 [1])	½ cup frozen berries ¼ cup low-fat granola ¾ cup low-fat yogurt ½ cup apple juice 1 cup coffee/tea 2 tbsp 1% milk (optional) 1 tsp sugar (optional)	2 Vegetables and Fruit 1 Grain Products 1 Milk and Alternatives
Morning Snack Oat Bran Applesauce Muffins with Roasted Almonds (see recipe, page 26 [1])	1 oat bran applesauce muffin 1 tsp margarine 1 tbsp roasted almonds	1 Grain Products ¼ Meat and Alternatives 1 Oils and Fats
Lunch Tuna Caesar Sandwich (see recipe, page 27 [1])	2.5 oz white tuna 1 tbsp artichoke hearts 1 tbsp onion 1 tbsp fat-free mayonnaise ¾ tbsp Parmesan cheese ¼ cup each cucumber and tomato ½ cup lettuce 2 slices whole wheat toast 1 cup 1% milk ½ cup canned peaches (in water)	2½ Vegetables and Fruit 2 Grain Products 1 Meat and Alternatives 1 Milk and Alternatives 1 Oils and Fats
Afternoon Snack Hummus & Crackers (see recipe, page 28 [1])	¼ cup hummus 6 Melba toast ¼ cup chopped tomatoes	½ Vegetables and Fruit 1½ Grain Products ½ Meat and Alternatives
Dinner Pork Tenderloin with Roasted Potatoes (see recipe, page 29 [1])	4 oz pork tenderloin ¾ cup roasted potatoes ½ cup green beans 1 small whole grain dinner roll 1 tsp margarine ½ cup 1% milk	2 Vegetables and Fruit 1 Grain Products 1½ Meat & Alternatives ½ Milk and Alternatives 1 Oils and Fats
Evening Snack Cinnamon Raisin Toast	1 slice toasted raisin bread 1 tsp margarine 1 tsp cinnamon ½ cup 1% milk	1 Grain Products 1 Milk and Alternatives 1 Oils and Fats
Total serving		7½ Grain Products 3¼ Meat and Alternatives 3½ Milk and Alternatives 4 Oils and Fats

Table S1 B. Good to Know.

Nutrition Fact of the Day	Adjusting Today's Menu
Calories: 1848	To cut about 200 calories
Fat: 49 g	• Have only ½ cup of yogurt at breakfast (saves 50 kcal)
Saturated fat: 13 g	• Omit margarine at morning snack and dinner (saves 70 kcal)
Carbohydrate: 262 g	• Make an open-faced sandwich for lunch (saves 70 kcal)
Fibre: 28 g	To add about 200 calories
Protein: 100 g	• Have 2 tbsp almonds at morning snack (adds 50 kcal)
	• Drink 1 cup of milk with your dinner (adds 50 kcal)
	Have 2 slices of toast at evening snack (adds 100 kcal)

## Reference

1. Chan, C.B.; Bell, R.C. *Pure Prairie Eating Plan—Fresh Food, Practical Menus and a Healthy Lifestyle*; Division of Human Nutrition, University of Alberta: Edmonton, AB, Canada, 2013.



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