

Helping people with type 2 diabetes rediscover the joy of food

This easy-to-navigate website can be used to discover delicious recipes that are diabetes- and heart-friendly, as well as educational resources to help manage type 2 diabetes.



Delicious, culturally diverse meals that are easy to create

Build a menu of tastefully curated diabetes- and heart-friendly recipes that cater to all food preferences based on the categories below:

- One pot
- Quick & easy
- Family friendly
- Desserts
- Flavours of the world

Simple swaps to make favourite dishes even healthier

Find favourite foods and learn how to swap for a healthier replacement.

By referring to the handy guide, simply take a favourite meal and replace the high glycemic index (GI) foods with low GI foods.



Help balance blood sugar



The scale uses a simple three colour system to help choose foods based on glycemic index.

Whether at the store or at home, refer to the scale to help guide food decisions and balance blood sugar.

Visit cart2table.ca to explore more helpful resources to manage type 2 diabetes



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