

Healthy Eating and Diabetes

A healthy diet is one of the cornerstones of managing diabetes.

Guidelines for Healthy Eating

✓ Aim for a healthy weight range

This is the most important thing you can do to control diabetes. Even a small loss can greatly improve blood glucose levels. Take it steadily: 1-2kg per month is plenty. To lose weight, limit foods high in fat and sugar, and limit alcohol. Regular exercise also helps to control your weight.

✓ Limit high fat foods

Foods high in fat can contribute to excess weight. In particular, saturated fats (found mainly in animal products) can increase your blood cholesterol level which is a risk factor for heart disease.

✓ Limit foods high in quickly digested sugars

Although eating sugar doesn't cause diabetes, foods which contain large amounts of quickly digested sugars upset diabetes control and can cause weight gain, eg lollies, ordinary soft drinks and cordials, and refined breads and cereals.

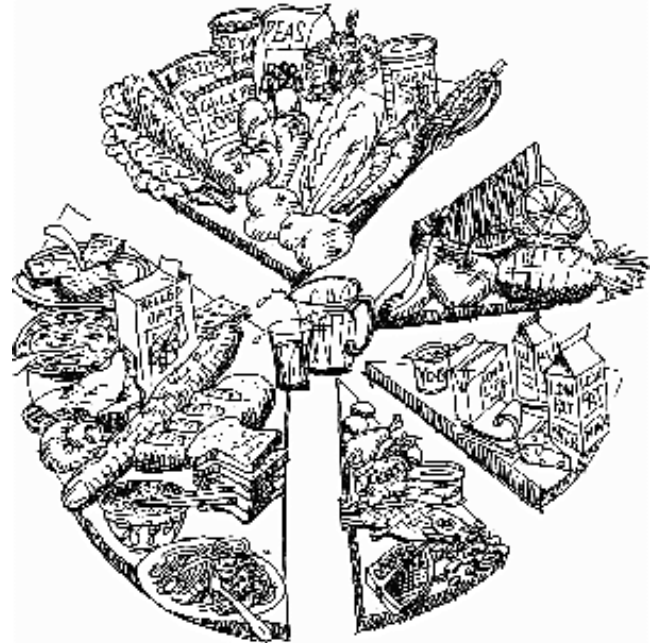
✓ Exercise regularly

Exercise helps control blood glucose levels and your weight. It is a key to good health.

✓ Pace your eating

Have three small to moderate-sized meals, spread evenly over the day

Include carbohydrate foods such as wholegrain breads & cereals, pasta, Basmati rice, fruit, starchy vegetables (sweet potato, corn), dried beans and lentils, low fat milk and yoghurt at each meal. Some of these foods are digested more slowly than others and therefore help to control blood glucose levels (see 'Good food choices'). Some people will also need to include small, between-meal snacks, especially if there's a long time between meals. Check with your dietitian.



✓ Consult a dietitian

A dietitian will be able to give you individual advice and education. Learning more about healthy eating will enable you to understand more about the relationship between diabetes and diet and give you more confidence. It will also enable you and your family to enjoy a greater variety of good foods.

Good Food Choices

Breads and Cereals

- ✓ 4- 5 serves daily
- ✓ preferably choose wholegrain varieties

1 serve =

1 slice bread, ½ roll, 1 muffin, 1 crumpet, 3 large crispbreads, 2 plain biscuits
 breakfast cereals, eg ¼ cup raw oats, ¾ cup cooked porridge, 1½ Weetbix, 1 cup Puffed Wheat, 12 mini-wheats, ¾ cup Guardian, 1/3 cup All-Bran,
 ¼ cup rice bran, oat bran, or barley bran
 ½ cup cooked noodles, spaghetti or macaroni,
 ½ cup raw barley or 1/3 cup cooked rice (choose Basmati or Doongara rice), 1/3 cup bulgur (cracked wheat)

Vegetables

- ✓ **Starchy**
eat in moderation, 1-2 serves daily
- ✓ **Non-starchy**
eat plenty
- ✓ fresh, frozen and canned varieties are suitable
- ✓ choose the low salt tinned varieties

1 serve =

1 medium potato, ½ cup sweet potato, 1/3 cup sweet corn (or 1 cob), ½ cup cooked (dried) beans, peas and lentils

Serves do not apply for non-starchy vegetables - they are unrestricted

asparagus	beetroot	broccoli
cabbage	capsicum	carrot
cauliflower	celery	cucumber
eggplant	green beans	lettuce
mushrooms	onions	peas
pumpkin	spinach	tomato
turnip	zucchini	

Fruit

- ✓ Eat in moderation, up to 2-3 serves, space over the day
- ✓ Fresh, unsweetened canned or dried (not glace) varieties are OK

Any fruits are suitable 1 serve =

1 apple, 2 apricots, 1 banana, 1 cup berries,
 20-30 grapes, 1 orange, 1 peach, 1 pear, 2 slices pineapple, 1
 tablespoon sultanas, 6 dried apricots,
 ¾ cup tinned fruit drained, 120ml unsweetened fruit juice (limit to 1
 glass a day)

Milk products

- ✓ 2 serves daily
- ✓ preferably use low-fat or skim varieties

1 serve =

300ml milk – fresh, evaporated, dried, UHT,
 200g yoghurt – plain or fruit,
 300ml buttermilk, soy milk (with added calcium)
 40g hard cheese, 100g ricotta or cottage cheese

Protein foods

- ✓ 1 serve daily
- ✓ use non-fat cooking methods eg baking on a rack, boiling, grilling, micro-waving, steaming

1 serve =

120g lean meats such as beef, lamb, pork, rabbit, kangaroo
 100g poultry without skin – chicken, turkey
 80 - 120g fresh or canned fish, seafood
 ½ cup cooked (dried) peas, beans and lentils
 2 small eggs

Fat - a small amount

Use small amounts only, around 1 tablespoon a day. Limit frying.

Best choices are polyunsaturated or mono-unsaturated margarines and oils eg sunflower, sunola, macadamia, canola, olive. Avocados, nuts and seeds are high in mono & poly unsaturated fats, limit these. Avoid animal fats eg butter, lard, dripping, Suparfry, cream.

Sample Meal Plan

Important: include some **slowly digested carbohydrate food** with each meal. These foods are **in bold** in the menu below. 1 cup = 250ml.

This meal plan describes minimum amounts of food for a healthy diet. People's food needs, metabolism and weight vary greatly. It is useful to consult a dietitian to find what quantities are appropriate for you and to work out a personalised plan.

Breakfast

Example 1

1 serve breakfast cereal – with low fat milk eg $\frac{3}{4}$ cup cooked **porridge** and $\frac{1}{2}$ -1 cup skim **milk** and 1 slice **wholegrain toast** – thinly spread with margarine, vegemite, 100% fruit spread, cottage cheese, tomato. Tea, coffee, water

Example 2

1 fresh **peach** or $\frac{3}{4}$ cup drained no-added sugar canned or stewed fruit, $\frac{1}{2}$ cup **baked beans** and 1 slice wholegrain toast. Tea, coffee, water



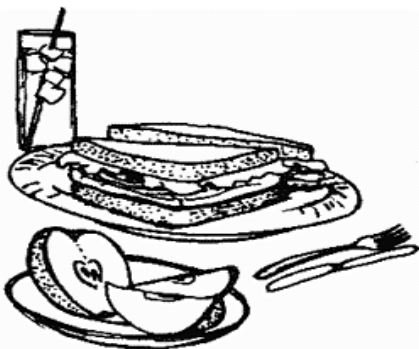
Light meal

Example 1

1 **wholegrain sandwich** or roll filled with 1 slice (30g) lean meat, skinless chicken, fish or fat-reduced cheese and salad and an **apple**. Tea, coffee, water

Example 2

Salad with 1 slice or 30g lean meat, skinless chicken, fish, reduced-fat cheese or 1 egg plus 1 **wholegrain roll**, 1-2 slices **wholegrain bread** or 2-4 **wholegrain crispbreads** and 200g light fruit yoghurt. Tea, coffee, water



Main meal

Example 1

1 bowl homemade soup made with fat free stock (if desired) 65 – 120g lean meat, skinless chicken or fish and 1 cup **sweet potato** or $\frac{2}{3}$ cup cooked **Basmati rice** and vegetables or salad (without butter, margarine or oil) and 20 – 30 **grapes**

Example 2

1 cup cooked **pasta** with tomato-based vegetable sauce, with lean beef mince and 100g low fat custard with $\frac{1}{2}$ cup drained, tinned fruit in natural juice. Tea, coffee, water



The main meal can be either in the middle of the day or in the evening, whichever suits your personal preferences.

Snacks can be included especially if there is a long period between meals (more than 4 hours). Wholegrain bread or crackers with low fat spread or cottage cheese and fruit are good choices.

Checklist	
Suitable alternatives ✓	Avoid or limit these foods ✗
✓ no or low sugar	✗ high in sugar
✓ tablet, liquid or powdered artificial sweeteners	✗ Sugar (brown, raw, white), syrups
✓ low joule jam/marmalade, Promite, Vegemite, meat/fish paste, 100% fruit spreads	✗ Ordinary jam, marmalade, syrups, Nutella
✓ low joule cordial/soft drinks plain mineral/soda water pure fruit juice – limit to 120ml per day low fat milk, artificially sweetened flavoured milk light beer, dry wines or spirits – limit to 1-2 drinks/day with 2 alcohol free days a week	✗ Ordinary cordial, soft drinks, flavoured mineral water eg Spritz, Lucozade, tonic water, fruit juice drinks ordinary flavoured milk Alcoholic drinks high in sugar eg sweet wine/sherry, port, liqueurs, ordinary beer
✓ sugar free lollies sweetened with Splenda or acesulfamane K, eg Sugar free Kaiser, Double D, Ricci drops, Lido glaze drops	✗ Confectionery: lollies, cough lollies, chocolate (ordinary/diabetic/carob), muesli/health bars eg sesame bars
✓ Wholegrain crispbreads/crackers, shredded wheatmeal or Milk Arrowroot biscuits, wholemeal low fat scones, fruit loaf	✗ sweet biscuits: eg cream, chocolate, shortbread. cakes, doughnuts, iced buns, sweet pastries
✓ low joule jelly, fresh or tinned stewed fruit in natural juice, drained, custard or junket made with sweetener & low fat milk. 'No-added sugar' low fat instant desserts low fat plain and fruit yoghurt Dairy Belle Lite ice-cream or Vitari, 1-2 scoops or light ice-cream 1 scoop low joule ice-cream topping	✗ sweet desserts: ordinary jelly, fruit in sugar syrup, fruit pies, cheesecake, puddings ordinary yoghurt or ice-cream ice-cream toppings
✓ low sugar, low fat, high fibre cereals, eg porridge, Vitabrits, Weetbix, Allbran, Ready Wheats, Weeties, Guardian, Mini-wheats	✗ sweet cereals, such as toasted muesli, Nutrigrain, Cocopops, Honeysmacks, Sugar frosties
✓ no or low fat	✗ high in fat
✓ Low fat mayonnaise, low joule dressings, vinegar, lemon juice, low joule Gravox, plain yoghurt, fish sauces, soy sauce, homemade stock	✗ Ordinary mayonnaise, oily dressings, cream sauces, fatty gravies, sour cream
✓ reduced fat cheese	✗ full fat cheese
✓ trim off fat, remove chicken skin. Lean cuts of meat, eg ham, beef, chicken/turkey breast	✗ fat on meat, duck and chicken skin. Fatty meats eg sausages, bacon, salami, fritz
✓ foods cooked without fat, or with a minimal amount of poly/mono-unsaturated vegetable oil eg grilled fish, rotisserie chicken (no skin)	✗ deep-fried/battered foods, fried dim sims, spring rolls, pies/pasties
✓ fruit or vegetables plain popcorn, low salt pretzels, rice crackers	✗ crisps, hot chips, prawn crackers
✓ limit to 1 tablespoon per day, preferably poly- or mono-unsaturated margarine or oil. Limit nuts to 1/3 cup or in cooking occasionally.	✗ large amounts of margarine, butter, oil, cream, peanut butter, dripping, lard, ghee, coconut cream, nuts and seeds