

# **Daily Meal Guide**

Discuss this guide with your Dietitian.

Do not skip meals.

	Breakfast	
		CPs
	Snack	
		CPs
	Lunch	
		CPs
	Snack	
		CPs
	Tea/Dinner	
		CPs
	Snack	
		CPs
Th	nings I can do to improve my diabetes-	
-		
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# Carbohydrate Foods (15g portion/exchange)

1 Carbohydrate portion/exchange (CP) = 15 g carbohydrate Measure and weigh your food. Read labels. Brands varv.

### Dairy food (except cheese/cream)



1 cup (250ml) milk/low fat milk



½ cup (150ml) flavoured milk



½ tub flavoured yoghurt (100 g) (check label)



1 200g tub diet/natural yoghurt (check label)



½ cup custard (150g)



1 large scoop ice-cream (130 ml, 50g)

#### **Fruit and Fruit Juice**



1 medium apple/orange/pear (160 – 175g)



3 small apricots



1 small (120g) banana



20 grapes/ <sup>3</sup>/<sub>4</sub> cup cherries ~150g fruit salad



150 ml fruit iuice

**Starchy vegetables** 



½ cup boiled/ 100g raw sweet potato



1 raw medium (120g)/ ½ cup mashed potato



½ cup ⅓ cup boiled/ boiled/ 50 g raw 65g raw taro cassava



½ cup corn kernels, medium cob



½ cup baked beans/kidney beans/lentils

### **Cereals and Grains**



3 cruskits/ 4 vita-weat/ 1-2 plain biscuits (check label) Extras



1 slice bread (35g)



1/3 - 1/2 cup cereal, (check label) 1 1/2 weet bix



 $\frac{1}{4}$  -  $\frac{1}{3}$  cup cooked rice ( $\frac{1}{2}$  cup raw rice = 5 CP)



 $\frac{1}{3}$  -  $\frac{1}{2}$  cup cooked pasta (100g raw pasta =  $4\frac{1}{2}$  CP)



6 squares plain milk chocolate (30g)



150ml soft drink



3 tsp honey/sugar



12 regular-sized hot chips

## Foods with little or no Carbohydrate

Low ioule

Jellies, Gelatine

Coffee

#### **Fruits and Vegetables** These foods are also low in fat Queensland Government Cucumber, Tomato, Strawberry Carrot Passion-fruit Rhubarb Broccoli Lettuce Bean/Sprouts Capsicum Peas Cabbage . Bok chov Zucchini Cauliflower Eggplant Mushrooms Pumpkin/Squash Green beans Celery Beetroot Onions, Leeks, Shallots, Turnip/ Brussels sprouts Radish Swede Garlic, Spring onions Flavourings, Drinks, Condiments These foods are also low in fat Vinegar, Soy sauce/ Low salad Worcester joule dressing Vegemite, Bonox, sauce jams Herbs and Spices Bovril, Fish & Meat paste

Low joule Cordial, low joule Soft

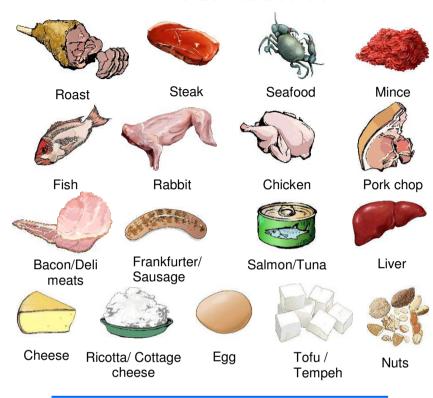
drink, plain Soda or Mineral water

Lemon/

Lime juice

## **Protein Foods**

Trim the fat off meat and chicken



## **Added Fats**

Use only small amounts and choose mono- or poly- unsaturated oils & spreads



Tea

Cream