Daily Meal Guide
Discuss this guide with your Dietitian.
Do not skip meals.

<table>
<thead>
<tr>
<th>Breakfast</th>
<th></th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>___ CPs</td>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Snack</th>
<th></th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>___ CPs</td>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Lunch</th>
<th></th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>___ CPs</td>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Snack</th>
<th></th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>___ CPs</td>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Tea/Dinner</th>
<th></th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>___ CPs</td>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Snack</th>
<th></th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>___ CPs</td>
<td></td>
</tr>
</tbody>
</table>

Things I can do to improve my diabetes-

---

### Carbohydrate Foods (15g portion/exchange)

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

#### 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 Juice

- 1 medium apple/orange/pear (160 – 175g)
- 3 small apricots
- 1 small (120g) banana
- 20 grapes/cherries
- ¾ cup ~150g fruit salad
- 150 mL fruit juice

#### Starchy vegetables

- ½ cup boiled/100g raw sweet potato
- 1 raw medium (120g)/½ cup mashed potato
- ½ cup boiled/65g raw taro
- ½ cup boiled/50 g raw 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)
- 1 slice bread (35g)
- ½ - ¼ cup cereal, (check label) 1 ½ weet bix
- ¼ - ½ cup cooked rice (½ cup raw rice = 5 CP)
- ½ - ¼ cup cooked pasta (100g raw pasta = 4½ CP)

#### Extras

- 12 regular-sized hot chips
- 6 squares plain milk chocolate (30g)
- 150ml soft drink
- 3 tsp honey/sugar
Foods with little or no Carbohydrate

Fruits and Vegetables
These foods are also low in fat

Broccoli, Cucumber, Tomato, Lettuce, Carrot, Passion-fruit, Strawberry, Rhubarb, Bean/Sprouts, Capsicum, Peas, Cabbage, Bok choy, Zucchini, Cauliflower, Eggplant, Green beans, Celery, Mushrooms, Pumpkin/Squash, Turnip/Swede, Brussels sprouts, Beetroot, Radish, Onions, Leeks, Shallots, Garlic, Spring onions

Flavourings, Drinks, Condiments
These foods are also low in fat

Soy sauce/ Worcester sauce, Vinegar, salad dressing, Low joule jams, Vegemite, Bovox, Bovril, Fish & Meat paste, Herbs and Spices, Lemon/Lime juice, Low joule Cordial, low joule drink, plain Soda or Mineral water, Tea, Coffee

Protein Foods
Trim the fat off meat and chicken

Roast, Steak, Seafood, Mince, Fish, Rabbit, Chicken, Pork chop, Bacon/Deli meats, Frankfurter/Sausage, Salmon/Tuna, Liver, Cheese, Ricotta/ Cottage cheese, Egg, Tofu/ Tempeh, Nuts

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

Mayonnaise, Oils, Butter, Margarine, Avocado, Peanut butter, Sour cream/Cream

This is a consensus document from Dietitian/ Nutritionists from the Nutrition Education Materials Online "NEMO" team.

Reviewed: June 2015; Due for Review: June 2017