

# Daily Meal Guide

Discuss this guide with your Dietitian.  
Do not skip meals.

<b>Breakfast</b>	___ CPs
Snack	___ CPs
<b>Lunch</b>	___ CPs
Snack	___ CPs
<b>Tea/Dinner</b>	___ CPs
Snack	___ CPs

Things I can do to improve my diabetes-

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## Carbohydrate Foods (10g portion/exchange)

**1 Carbohydrate portion/exchange (CP) = 10 g carbohydrate**  
Measure and weigh your food. Read labels. Brands vary.

### Dairy food (except cheese/cream)



200ml milk/ low fat milk



100ml flavoured milk



1/4 - 1/2 200g tub flavoured yoghurt (check label)



1/2 - 1 200g tub diet/natural yoghurt (check label)



1/4 - 1/3 cup custard (100g)

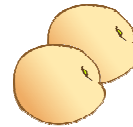


1 regular scoop ice-cream (100 ml, 50g)

### Fruit and Fruit Juice



1 medium apple/orange/pear (160 - 175g) = 2 CP



2 small apricots



1 medium (170g) banana = 2 CP



15 grapes/cherries



1/2 cup fruit salad (100g)



100 ml fruit juice

### Starchy vegetables



1/3 cup boiled/ 70 g raw sweet potato



1/2 large (80g) raw potato/1/3 cup mashed potato



1/3 cup boiled taro, (100g raw taro = 2 CP)



1/4 cup boiled cassava, (100g raw cassava = 3 CP)

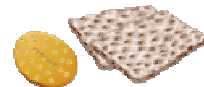


1/3 cup corn/ 2/3 medium cob corn



1/3 cup baked beans/ kidney beans/ lentils

### Cereals and Grains



2 cruski/ 3 vita-weat/ 1 plain biscuit (check label)



1 slice bread (35g) = 1 1/2 CP



1 weet bix (1 cup cereal = 2-6 CP) (check label)



1 cup cooked rice = ~ 5CP, 1/2 cup raw rice = 8 CP



1 cup cooked pasta = ~ 4CP, 100g raw pasta = 7 CP

### Extras



8 regular-sized hot chips (1 bucket hot chips = 8 CP)



4 squares plain milk chocolate (20g)



100ml soft drink

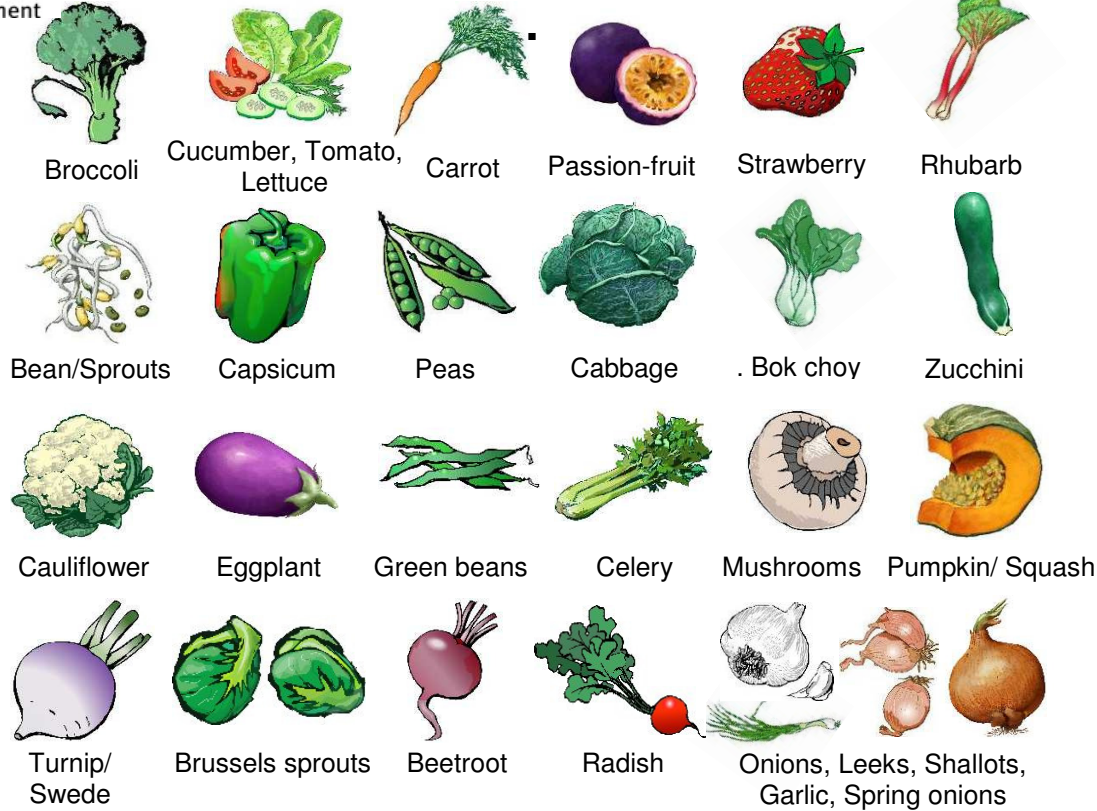


2 tsp honey/sugar

# Foods with little or no Carbohydrate

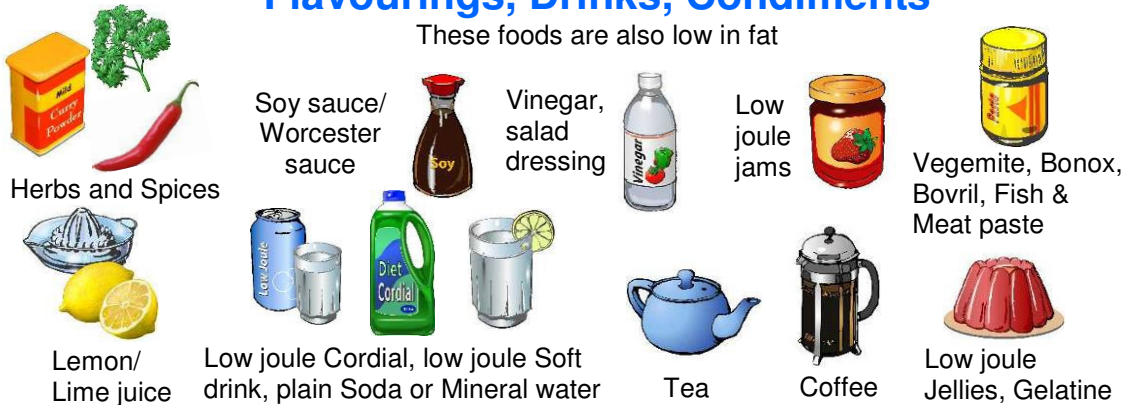
## Fruits and Vegetables

These foods are also low in fat



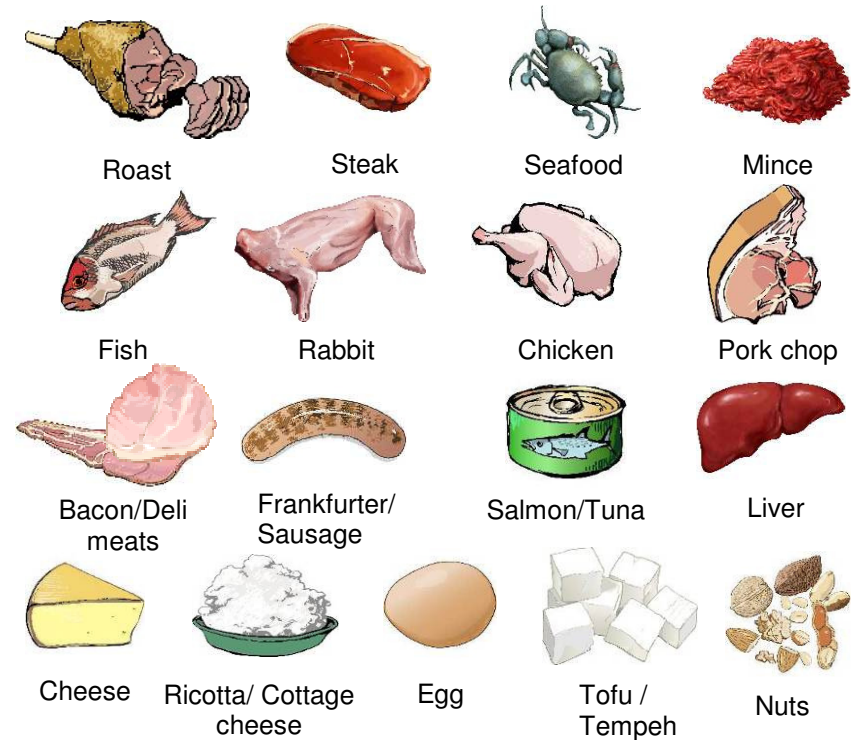
## Flavourings, Drinks, Condiments

These foods are also low in fat



## Protein Foods

Trim the fat off meat and chicken



## Added Fats

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

