

## **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
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 200a tub flavoured voghurt (check label)



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



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



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





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 taro, (100g raw mashed potato



1/₃ cup boiled taro = 2 CP



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



1/3 cup corn/ <sup>2</sup>/<sub>3</sub> medium cob corn



1/₃ cup baked beans/kidnev beans/lentils

**Cereals and Grains** 



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



1 slice bread (35g)  $= 1\frac{1}{2} CP$ 



1 weet bix (1 cup cereal = 2-6 CP) rice = ~5 CP,(check label)



½ cup raw



1 cup cooked 1 cup cooked pasta = ~ 4CP. 100g raw pasta rice = 8 CP = 7 CP



100ml soft drink



2 tsp honey/sugar



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



4 squares plain milk chocolate (20g)

## 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 Mushrooms Pumpkin/ Squash Cauliflower Eggplant Green beans Celerv 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

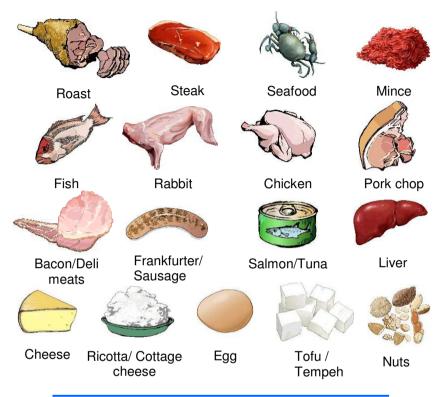
drink, plain Soda or Mineral water

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