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

<table>
<thead>
<tr>
<th>Meal</th>
<th>CPs</th>
<th>Example</th>
</tr>
</thead>
<tbody>
<tr>
<td>Breakfast</td>
<td></td>
<td>200ml milk/low fat milk</td>
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<tr>
<td></td>
<td></td>
<td>100ml flavoured milk</td>
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<tr>
<td></td>
<td></td>
<td>¼ - ½ 200g tub yoghurt</td>
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<tr>
<td></td>
<td></td>
<td>½ - 1 200g tub diet/natural yoghurt (check label)</td>
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<tr>
<td></td>
<td></td>
<td>¼ - ½ cup custard (100g)</td>
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<td></td>
<td></td>
<td>1 regular scoop ice-cream (100 ml, 50g)</td>
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<tr>
<td>Snack</td>
<td></td>
<td>1 medium apple/orange/pear (160 – 175g) = 2 CP</td>
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<tr>
<td></td>
<td></td>
<td>2 small apricots</td>
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<tr>
<td></td>
<td></td>
<td>1 medium (170g) banana   = 2 CP</td>
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<tr>
<td></td>
<td></td>
<td>15 grapes/cherries</td>
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<tr>
<td></td>
<td></td>
<td>½ cup fruit salad (100g)</td>
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<tr>
<td></td>
<td></td>
<td>100 ml fruit juice</td>
</tr>
<tr>
<td>Lunch</td>
<td></td>
<td>½ cup boiled/70 g raw sweet potato</td>
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<tr>
<td></td>
<td></td>
<td>½ large (80g) raw potato/¾ cup mashed potato</td>
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<tr>
<td></td>
<td></td>
<td>½ cup boiled taro, (100g raw taro = 2 CP)</td>
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<tr>
<td></td>
<td></td>
<td>¼ cup boiled cassava, (100g raw cassava = 3 CP)</td>
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<tr>
<td></td>
<td></td>
<td>½ cup corn/¾ medium cob corn</td>
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<tr>
<td></td>
<td></td>
<td>½ cup baked beans/kidney beans/lentils</td>
</tr>
<tr>
<td>Snack</td>
<td></td>
<td>2 cruskits/3 vita-weat/1 plain biscuit (check label)</td>
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<tr>
<td></td>
<td></td>
<td>1 slice bread (35g) = 1½ CP</td>
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<tr>
<td></td>
<td></td>
<td>1 weet bix (1 cup cereal = 2-6 CP) (check label)</td>
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<tr>
<td></td>
<td></td>
<td>1 cup cooked rice = ~ 5CP, ½ cup raw rice = 8 CP</td>
</tr>
<tr>
<td></td>
<td></td>
<td>1 cup cooked pasta = ~ 4CP, 100g raw pasta = 7 CP</td>
</tr>
<tr>
<td>Tea/Dinner</td>
<td></td>
<td>8 regular-sized hot chips (1 bucket hot chips = 8 CP)</td>
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<tr>
<td></td>
<td></td>
<td>4 squares plain milk chocolate (20g)</td>
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<td></td>
<td></td>
<td>100 ml soft drink</td>
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<tr>
<td></td>
<td></td>
<td>2 tsp honey/sugar</td>
</tr>
</tbody>
</table>

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
- ¼ - ½ 200g tub flavoured yoghurt (check label)
- ½ - 1 200g tub diet/natural yoghurt (check label)
- ¼ - ½ 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
- ½ cup fruit salad (100g)
- 100 ml fruit juice

**Starchy vegetables**

- ½ cup boiled/70 g raw sweet potato
- ½ large (80g) raw potato/¾ cup mashed potato
- ½ cup boiled taro, (100g raw taro = 2 CP)
- ¼ cup boiled cassava, (100g raw cassava = 3 CP)
- ½ cup corn/¾ medium cob corn
- ½ cup baked beans/kidney beans/lentils

**Cereals and Grains**

- 2 cruskits/3 vita-weat/1 plain biscuit (check label)
- 1 slice bread (35g) = 1½ CP
- 1 weet bix (1 cup cereal = 2-6 CP) (check label)
- 1 cup cooked rice = ~ 5CP, ½ 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)
- 100 ml soft drink
- 2 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/Sweede
- Brussels sprouts
- Beetroot
- Radish
- Onions, Leeks, Shallots, Garlic, Spring onions

### 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

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

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

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

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

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

Reviewed: June 2015; Due for Review: June 2017