

Daily meal guide

Discuss this guide with your dietitian
Snacks may not be needed

BREAKFAST _____portion(s)

SNACK _____portion(s)

LUNCH _____portion(s)

SNACK _____portion(s)

DINNER _____portion(s)

SNACK _____portion(s)

Introducing 10g carb portions

All carb values are approximate.
10 grams carb = 1 carb portion (CP)

Dairy (except cheese/cream)



200ml milk



1 tub (200g)
fruit/flavoured yoghurt



1 tub (200g)
'diet' or natural yoghurt



1/3 cup
low-fat custard

Fruit



1 small
apple/orange/pear



200ml
fruit juice



2 small plums



1 medium
banana



10 grapes



1 cup
fresh fruit salad

Starchy vegetables and legumes



1 medium (150g) potato/
1/2 cup mashed



100g sweet potato



1/2 cup corn kernels/
1/2 medium cob



1/2 cup baked beans/
kidney beans

Breads, cereals and grains



2 slices bread/
1 bread roll



1/2 cup muesli



2 wheat biscuits



1 cup
cooked rice



1 cup
cooked pasta



3 medium
wheat crackers/
7 rice crackers