

## Healthy eating for diabetes

The food you eat can help you manage your diabetes.

Foods containing carbohydrate are broken down into glucose. This glucose enters the blood. Glucose is then moved into the muscles and cells where it is used for energy. The body needs carbohydrate for energy. Too much carbohydrate will increase your blood glucose levels and too little will mean you have no energy. Your Dietitian will help you work out how much to eat.

### To help manage your diabetes

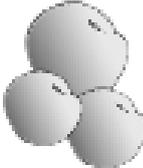
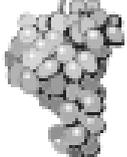
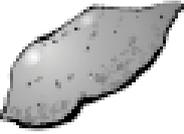
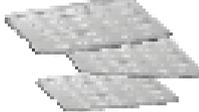
- Know the foods that contain carbohydrate.
- Eat regular meals; do not miss meals.
- Include carbohydrates at most meals. Discuss with your Dietitian.
- Limit foods/drinks high in sugar such as lollies, chocolates, cakes, biscuits, soft drink, cordial and juices
- If you are overweight, try to lose some weight.
- Reduce fat intake by choosing low fat or reduced fat products and by limiting deep fried and battered foods, pastries, cakes, biscuits and take-away food. Choose lean meats and remove all visible fat. Low fat or reduced fat products maybe better choices. Discuss with your Dietitian.
- Choose polyunsaturated and monounsaturated spreads instead of butter and dairy blends.
- If you drink alcohol, limit yourself to 2 standard drinks a day.
- Being physically active can make it easier to manage your weight and your diabetes.

Find an activity that you enjoy and aim for 30 minutes of physical activity each day. Always **check with** your doctor **before** starting any physical activity.

## Foods that contain carbohydrates:

1 serve of carbohydrate = 15 grams

Your Dietitian can provide advice about how much carbohydrate is suitable for you.

<b>Dairy food</b> (except cheese/cream)					
					
1 cup milk/ low fat milk	1/2 tub (100g) standard or low fat yoghurt	1 tub (200g) 'diet' or natural yoghurt	1/2 cup low fat custard		
<b>Fruit and fruit juice</b>					
					
1 medium apple/ orange/pear	1/2 cup (125ml) fruit juice	3 apricots	1 small banana	20 grapes/ cherries	1/2 cup unsweetened tinned fruit/ fruit salad
<b>Starchy vegetables and legumes</b>					
					
1/2 cup sweet potato /taro/cassava	1 medium potato	1/2 cup corn kernels or 1 medium cob	1/2 cup baked beans/ kidney beans/lentils		
<b>Cereals and Grains</b>					
					
3 ryvita/vita-weat 2 wheatmeal/ milk coffee biscuits	1 slice bread/ 1/2 bread roll	1/3 cup muesli 1/2 cup flakey cereal	1 1/2 weetbix/ vita brits	1/3 cup cooked rice	1/2 cup cooked pasta

## Sample Meal Plan

### Breakfast

1 cup cooked oats ( $\frac{1}{2}$  cup raw oats) *or*  $\frac{1}{2}$  - 1 cup high-fibre cereal with low fat milk  
*or* 2 slices of multigrain bread with baked beans, tomato, mushrooms, jam, or honey  
*and* 1 piece of fruit  
 Water

### Lunch

2 slices of multigrain bread *or* 1 roll  
 with salad and lean meat, tuna, salmon, chicken, or low fat cheese  
*plus* 1 piece of fruit *or* 1 tub of low fat yoghurt  
 Water

### Dinner

100 - 120 g of lean meat, chicken (no skin), or fish  
 with 1 cup of pasta *or*  $\frac{2}{3}$  cup rice *or* sweet potato + corn, *or* potato + corn  
*and* plenty of other vegetables (all types of salad vegetables are good - beans, broccoli, cabbage, carrots, cauliflower, peas, silverbeet, spinach, and zucchini)  
*and*  $\frac{1}{2}$  cup of tinned fruit *or*  $\frac{1}{2}$  cup of low fat yoghurt *or*  $\frac{1}{2}$  cup custard  
 Water

### Snack Ideas:

**Discuss with your Dietitian first. Not everyone needs to include snacks.**

Fruit  
 Low fat/ diet yoghurt (100-200g)  
 2 Oatmeal biscuits  
 2-3 Grainy Crackers with cottage cheese and tomato  
 1 thin slice of fruit bread  
 Raw, unsalted nuts (5-6)



**Your Meal Plan:**  
**To be completed by an Accredited Practising Dietitian**

BREAKFAST
MORNING TEA
LUNCH
AFTERNOON TEA
DINNER
SUPPER

**Things I can do to help manage my diabetes:**

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

The information contained in this handout is intended as a guide only.  
An **Accredited Practising Dietitian** can provide you with expert nutrition advice to suit your needs.  
A list of dietitians in your area can be found on the *Dietitians Association of Australia* website  
(<http://www.daa.asn.au/>).

This is a consensus document from Dietitian/ Nutritionists from the Nutrition Education Materials Online, "NEMO", team.  
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Developed: November 2012  
Due for Review: November 2014