



**diabetes**  
nsw & act

# Diabetes:

Making healthy  
food choices.

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# Healthy eating for Diabetes

Healthy eating is an important part of managing blood glucose (sugar) levels. Healthy eating is good for everybody, you do not need to buy special foods or prepare separate meals for you and your family. It is important to see a dietitian who can provide individual advice about healthy eating for diabetes.

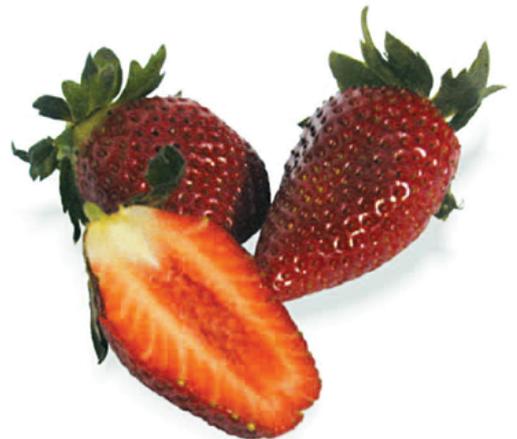
## What should I eat?

To help manage your diabetes, you need to:

- Eat three meals a day and spread these evenly throughout the day. If you are on some types of tablets for diabetes or insulin you may also need to eat a snack between meals and before bed. Your doctor, diabetes educator or dietitian can tell you whether you need to eat snacks.
- Base your meals on high fibre carbohydrate foods, such as wholegrain bread and cereals, beans, lentils, starchy vegetables (eg. potato) and fruits. Carbohydrate foods are good for you. These foods will put some (sugar) glucose in your blood, which your body uses as energy. A dietitian can tell you how much carbohydrate to eat at each meal.
- Protein foods are important for good health. Choose protein foods that are lower in fat like lean meat, skinless chicken, fish and low fat dairy foods.
- Choose foods lower in fat (especially saturated fat). Saturated fat is not good for your heart. Limit foods high in saturated fat like full cream milk, fatty meat, butter, cheese, coconut milk, processed foods and take away foods. Include small amounts of healthier fats in your diet such as polyunsaturated or monounsaturated margarines, oils such as sunflower, soybean, olive and canola, fish, nuts, seeds and avocado.
- Limit foods that are high in sugar and/or fat like soft drink, lollies, chocolate, cakes, biscuits and pastries
- If you drink alcohol ask your doctor if it is safe for you and how much you can drink.
- Being active can help manage your diabetes. Ask your doctor what type of activity and how much is good for you.

## For more information, contact:

Diabetes NSW & ACT on 1300 342 238



# Carbohydrate foods

Carbohydrate foods are good for you. These foods will put some sugar in your blood, which your body uses for energy. Try to spread carbohydrate foods over three meals a day. Too much carbohydrate food eaten at a meal or snack will put too much sugar in your blood. Some people with diabetes may also need to eat between meals and before bed. The amount equal to one serve of carbohydrate is written under the foods. A dietitian can tell you how many serves of carbohydrate to eat at each meal and whether you also need to eat snacks.



wholegrain bread  
1 slice



fruit loaf  
1 slice



wholemeal bread  
1 slice



muffins  
 $\frac{1}{2}$  muffin



crumpets  
1 slice



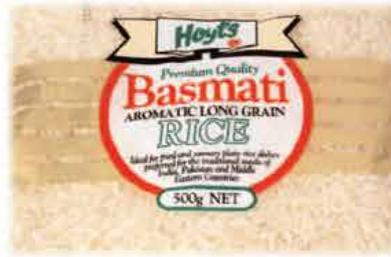
breakfast cereals  $\frac{1}{4}$   $\frac{3}{4}$  cup



2 biscuits



**pasta**  
 $\frac{1}{2}$  cup cooked



**basmati rice**  
 $\frac{1}{3}$  cup cooked



**doongara rice**  
 $\frac{1}{3}$  cup cooked



**noodles**  
 $\frac{1}{3}$  cup cooked



**rice noodles**  
 $\frac{1}{3}$  cup cooked



**2 minute noodles  
(low fat)  $\frac{1}{2}$  packet**



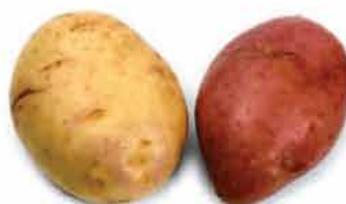
**corn flour**  
 $1\frac{1}{2}$  tablespoons



**flour plain**  
2 tablespoons



**corn cob**  
1 medium



**potatoes**  
1 medium



**sweet potato**  
1 medium

# Carbohydrate foods



**baked beans**  
 $\frac{1}{2}$  cup



**legumes**  
 $\frac{1}{2}$ -1 cup



**lentils**  
1 cup



**apple**  
1 medium



**banana**  
1 medium



**cherries**  
1 cup



**grapes**  
1 cup



**kiwi fruit**  
2 medium



**mandarin**  
2 medium



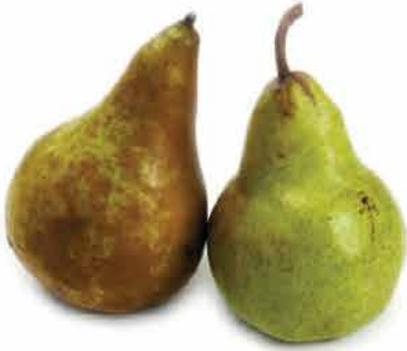
**mango**  
1 medium



**nectarine**  
2 medium



**peach**  
2 medium



**pear**  
1 medium



**plums**  
4 average



**pineapple**  
2 slices



**orange**  
1 large



**rock melon**  
 $\frac{1}{2}$  whole



**watermelon**  
2 cups



**dried apples**  
2 tablespoons



**dried apricots**  
5 whole



**sultanas**  
 $1\frac{1}{2}$  tablespoons



**tinned fruit**  
 $\frac{1}{2}$  cup



**fruit juice**  
 $\frac{1}{2}$  cup

# Carbohydrate foods



soy drink  
1 cup



low fat milk  
1 cup



skim milk  
1 cup



low fat custard  
 $\frac{1}{2}$  cup



diet yoghurt  
1 tub (200g)



reduced fat fruit yoghurt  
1 small tub (100g)



reduced fat plain yoghurt  
1 tub (200g)



sorbet  
1 scoop



low fat ice cream  
2 scoops



fruit biscuits



reduced fat biscuits

(2-3 sweet biscuits)



(2-4) crackers or crispbreads



rice cakes  
2-3 rice cakes



pancakes  
1 small

# protein foods

You only need small amounts of protein foods each day for good health. These foods do not put sugar in your blood. Try to choose protein foods that are lower in fat.

## Lower fat protein foods



lean beef



lean pork



lean lamb



lean mince meat



skinless chicken



lean bacon



lean ham



pastrami



lean turkey breast

## Lower fat protein foods



fish



prawns



octopus



mussels



oysters



canned fish

# Protein foods

## Lower fat protein foods



low fat sliced cheese



low fat cheese



ricotta cheese



cottage cheese



reduced fat cheese



eggs

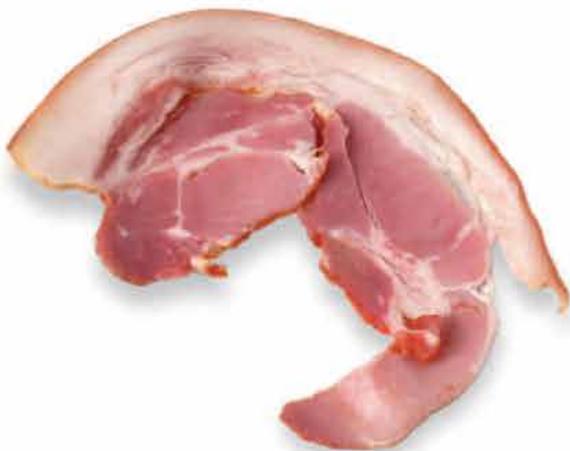
## High fat protein foods - try to limit these foods



**lamb loin**



**pork chop**



**fatty bacon**



**chicken with skin**



**devon**



**salami**



**chicken loaf**

# Protein foods



sausages



frankfurts



full fat cheese



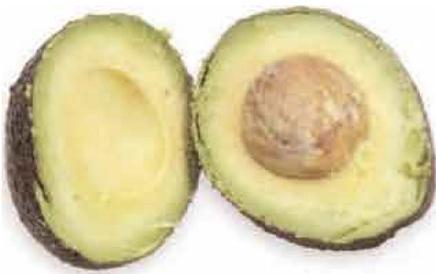
cream cheese

# fats

Fats do not put sugar in your blood but if you eat too much of any type of fat you may gain weight.

## Healthy fats (polyunsaturated and monounsaturated fats)

These fats are good for your heart, eat in small amounts.



avocado



margarine



sunflower oil



canola oil



olive oil



peanut oil



spray oil



nuts (unsalted)



peanut butter

# Fats

## Saturated fats

These fats are not good for your heart. Try to limit these foods.



butter



dripping



lard



cooking margarine



solid cooking oils



cream



sour cream



mayonnaise

# high fat & sugar foods

These foods are high in fat or sugar or both. Try to avoid these foods or limit them to special occasions.



**hamburger**



**hot chips**



**meat pie**



**sausage roll**



**cakes and pastries**



**chocolate**



**crisps**



**cream biscuits**



**short bread**



**chocolate biscuits**

# High fat & sugar foods

Limit foods that contain mainly sugar. These foods put sugar in your blood but do not contain anything else that is good for you. Sugar, jam and honey can be eaten in small amounts.



golden syrup



honey



jam



jelly



brown sugar



white sugar



cordial



soft drink



lollies



# other foods

These food don't put sugar in your blood.

Eat plenty of these foods



asparagus



broccoli



cauliflower



cucumber



capsicum



celery



carrot



eggplant



green beans



lettuce



zucchini

# Other foods

Eat plenty of these foods



spinach



mushrooms



onion



pumpkin



tomatoes



lemon and lime



strawberries



herbs



spices

Use only in small amounts



salt reduced stock powder



pickles



vegemite

## Use only in small amounts



soy-sauce  
(salt reduced)



oyster sauce



tomato sauce  
(no added salt)



vinegar



low fat salad dressings



diet cordial



diet soft drink



artificial sweeteners



coffee



tea

# alcohol

Alcohol can affect your blood sugar levels and your weight. If you drink, ask your doctor how much alcohol is safe for you. It is recommended that in general, men drink no more than two standard drinks each day and women drink no more than one. Try to have at least two alcohol free days per week. The amount equal to one standard drink is illustrated below.



## beer

285mL (regular beer)  
425mL (low alcohol beer)



## wine

100mL glass



port 60mL glass  
liquors 30mL glass



## spirits

one nip (30mL)



For more information on diabetes, contact  
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