

# Food and Diabetes: The First Steps

This information will help you make some changes to your food intake until you see the Diabetes Dietitian.

## EAT REGULAR MEALS

Aim to eat three meals during the day and choose serving sizes to meet your needs. Regular meals will assist with managing your blood glucose level and your energy level. You may or may not require snacks between meals.

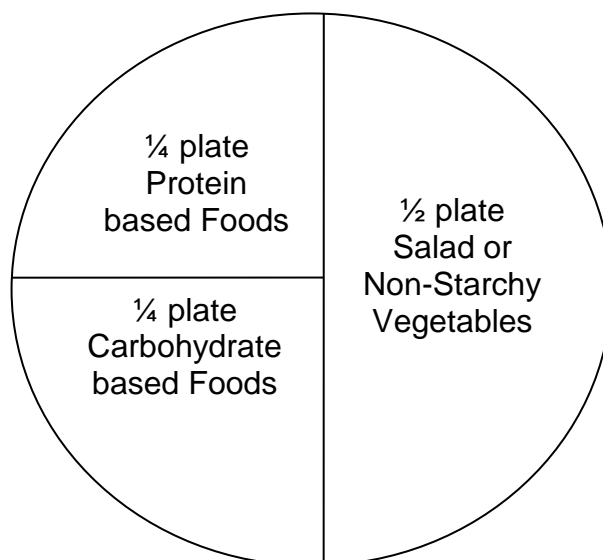
## USE THE PLATE MODEL TO HELP WITH CHOICES AND PORTION SIZES FOR LUNCH AND DINNER

### PROTEINS:

- Meat/Fish/Poultry
- Eggs
- Reduced fat cheese
- Legumes
- Tofu

### CARBOHYDRATES:

- Grainy breads
- Potato, Corn, Sweet potato
- Pasta, Noodles
- Legumes, Baked beans
- Rice
- Fruit
- Low-fat milk
- Low-fat yoghurt
- Low-fat custard/ice-cream



### SALAD and NON-STARCHY VEGETABLES:

- All salad vegetables
- All cooked vegetables (except potato, corn and sweet potato)

## LIMIT HIGH SUGAR DRINKS

If drinking soft drinks

If drinking fruit juice

If drinking cordials

**But remember – water is always the best choice!**

**SWAP to**

**SWAP to**

**SWAP to**

Diet varieties

Eating the fruit instead

Low joule/diet varieties

## LIMIT HIGH FAT /HIGH SUGAR AND FRIED FOODS

This includes most takeaways, deep fried foods, pies, sausage rolls, pastries, processed deli meats, biscuits, cakes, chocolate and creamy/cheesy sauces, lollies.

## LIMIT ALCOHOL CONSUMPTION

Limit to 2 standard drinks per day, with 2-3 alcohol free days per week.

Drinking alcohol will make it harder to lose weight.

Drink alcohol only when you are having a meal. Don't drink on an empty stomach, especially if you are on diabetes medications.

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## HEALTHY MEAL IDEAS

2 to 3 carbohydrate serves per meal

(carbohydrate foods are underlined)

### Breakfast

½ - 1 cup healthy cereal  
eg. Porridge/ 2 weetbix  
+ low fat milk  
+ fruit (1 fresh or ½ cup canned)

OR

2 multigrain toast  
+ ½ cup baked beans  
+ grilled tomato, mushroom,  
onion or egg

### Lunch

2 multigrain bread or 1 roll  
+ plenty of salad  
+ small serve of lean protein  
+ 1 piece of fruit or diet yoghurt

OR

2 multigrain bread or 1 roll  
+ bowl of split pea, vegetable,  
or tomato soup

### Evening Meal

A small serve of lean meat,  
chicken or fish  
+ 1 medium potato  
+ plenty of salads or vegetables  
(green and orange)  
+ ½ cup fruit salad  
+ 1 scoop "light" ice-cream  
+ low-joule or diet jelly

OR

1 cup cooked pasta  
+ small serve bolognaise  
sauce with vegetables  
+ ⅓ cup low-fat custard  
+ low-joule or diet jelly

## HEALTHY SNACK IDEAS

Snacks between meals are optional. Aim for 1 carbohydrate serve:

- 1 serve of fruit
- 100g low-fat yoghurt
- 2 high-fibre crispbreads + nut butter/ tomato /cheese /avocado
- 1 cup low fat milk
- 1 slice of bread or raisin bread
- 1 closed handful of nuts per day

## PHYSICAL ACTIVITY

Try to get at least 30 minutes of moderate physical activity on five or more days each week. This can be added up across the day by doing three lots of 10 minutes or two lots of 15 minutes. Try to aim for moderate intensity.

Examples include:

- Walking
- Jogging
- Swimming
- Aerobics
- Manual labour
- Aqua Aerobics
- Dancing

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