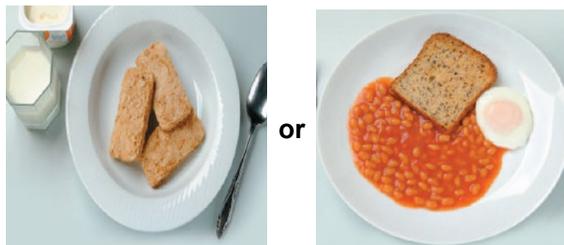


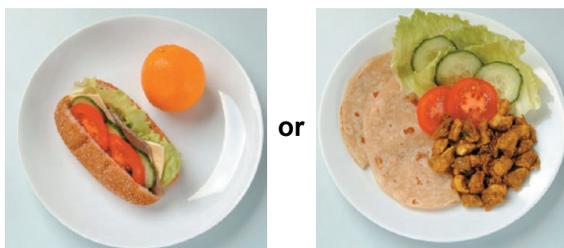
Sample meal plan

Here are some ideas for meals..... amounts will vary for each person.

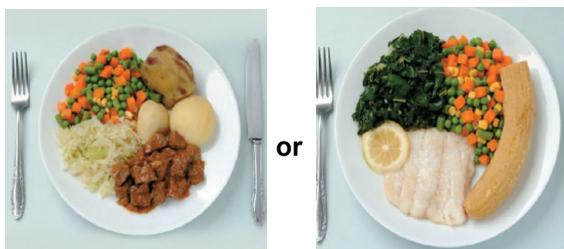
Breakfast



Lunch



Dinner



Snacks – if you want/need them



5 top tips

1. Aim for 3 regular meals every day
2. Avoid sugar sweetened drinks
3. Fill ½ of your meal with non-starchy vegetables (green list)
4. Aim for 1 fist sized serving of carbohydrate at each of your meals (orange list)
5. Include regular activity/exercise

A note on medications

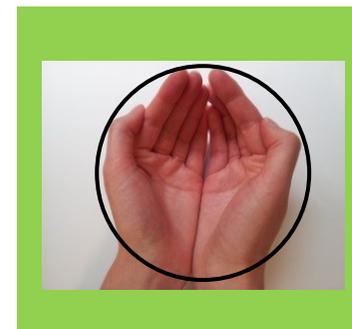
Everybody has different needs. Make sure you understand how your medications affect your blood sugar levels. Some people may need to snack between meals to keep their blood sugar levels stable. Check with your health professional if you are unsure.

This guide was given to you by:

Name: _____

Phone: _____

Food and Diabetes: a guide to get you started



File Number:	Last updated: Feb 2019	Review date: Feb 2022	Author: TCleary
Approved by: CM Health Nutrition & Dietetics Quality Group		Document owner: Professional Leader Nutrition & Dietetics CM Health	
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Foods to eat freely

Vegetables (non –starchy)

Eat plenty of these every day

Asparagus	Broccoli	Brussels sprouts
*Beetroot	Butter beans	Cabbage
*Carrots	Cauliflower	Celery
Cucumber	Eggplant	Green beans
Leeks	Lettuce	Mixed vegetables
Marrow	Mushrooms	Onion
Parsley	*Peas	Peppers
Puha	*Pumpkin	Radish
Silverbeet	Snow pea	Spinach
Spring onion	Swede	Taro leaves
Tomato	Watercress	Zucchini

*These foods will affect blood glucose levels when eaten in **large** amounts - limit to ½ cup per meal.

Add flavour to your meals with:

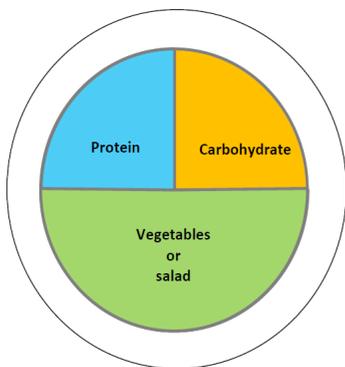
Herbs and spices, mustard, garlic, ginger, chili, tomato sauce/paste, lemon, lime, vinegar.

Alternative sweeteners:

Splenda, Equal, Sucaryl, Stevia

What to drink:

Water, tea/coffee and small amounts of sugar free drinks



Foods to eat some of - but not too much

Protein foods

Choose 1 'palm' size serve at 1-2 meals per day

Meat with fat cut off, chicken without skin, fish including canned fish in water, eggs, beans, lentils and peas/chickpeas

Low fat dairy products:

Lower fat cheeses, 'lite' slices or cottage cheese

Heart healthy fats:

Margarine, olive, rice bran or canola oils, peanut butter, nuts (raw or unsalted, roasted), avocado, mayonnaise or oil based dressings



Carbohydrate (starchy foods)

Have a small amount of these at each meal. These foods affect your blood glucose levels

Bread & alternatives: Preferably wholegrain, oat, barley, rye, wheatbran or wholemeal. Pita bread, crispbread, crackers, cabin bread. Other products made from flour e.g. roti, chapatti

Rice & pasta: Basmati rice, pasta, spaghetti, noodles, vermicelli

Beans/lentils: Dried beans, baked beans, split peas, lentils, barley

Starchy vegetables: Kumara, potato, corn, yam, parsnip, breadfruit, taro, tapioca, green banana

Breakfast cereals: High fibre, low sugar e.g. porridge, All-Bran, Weet-Bix, natural muesli

Fruit: Raw, stewed or canned without sugar (3 - 4 serves per day). 1 serve = 1 cupped handful

Dairy: Reduced fat milk or soy milk, low fat, unsweetened or reduced sugar yoghurt

Foods to limit

High in sugar

These increase blood sugar levels quickly

Sugar (all types), honey, marmalade, jam, golden syrup.

Lollies, chocolate, cakes & sweet biscuits, muesli bars, ice-cream, jelly, dried fruit, sweetened fruits, puddings/desserts.

Condensed milk, milkshakes, flavoured milk flavoured mineral water, cordials, fizzy drinks, fruit juice, powdered drinks.

High in fat or salt

Harmful for the heart and blood pressure

Butter, ghee, cream, coconut cream, cheddar cheese, cream cheese, dripping, lard.

Fatty meats e.g. brisket, bacon, salami, mutton flaps, sausages, luncheon sausage, saveloys.

Processed foods e.g. sausage rolls, pies, pastries, twisties, cheezels, crisps, corn chips.