




Foods to Enjoy – Foods not recommended

Foods to enjoy	Foods not recommended
<ul style="list-style-type: none"> • These foods contain very little carbohydrate or fat and are low in kilojoules / calories. • They are an excellent source of fibre, vitamins, minerals and antioxidants essential for good health. 	<ul style="list-style-type: none"> • Foods that contribute large amounts of sugar, kilojoules/calories to your diet. • They may also be high in fat and salt and offer very little nutritional value. • Eating too many of these foods may cause high blood glucose levels.
Choose a variety of different coloured vegetables daily	Stop – look and think before you eat these foods.
<p style="text-align: center;">Vegetables – fresh or frozen</p> <ul style="list-style-type: none"> • Alfalfa sprouts • Mushrooms • Asparagus  • Onions • Bamboo shoots • Peas • Bean sprouts • Peppers – green, red, yellow • Beans – green, butter • Puha • Broccoli • Brussel sprouts • Radish • Cabbage • Silverbeet • Carrot • Snowpeas • Cauliflower • Spinach • Celery • Spring onions • Choko • Swede • Cucumber • Taro leaves • Egg plant • Tomato • Leeks • Turnip • Lettuce • Watercress • Marrow • Zucchini (Courgettes) • Mixed vegetables 	<ul style="list-style-type: none"> • Sugar – all types: <ul style="list-style-type: none"> ○ white, brown, raw, icing, castor, glucose ○ Honey, jam, marmalade • Golden syrup, treacle • Sweetened condensed milk • Sweets, chocolate, carob, candied or crystallized fruits • Sugar coated breakfast cereals e.g. Nutri-Grain, Fruit loops, Frosties • Cakes, biscuits, sweet pastries, and pies • Muesli bars • Puddings • Fruit cooked, canned, preserved with sugar or juices • Ice cream, ice cream toppings, non-diet jelly • Cordials, powdered fruit drinks, soft drinks • Flavoured milk • Fruit juice • Frozen yoghurt • Iced tea drinks • Some flavoured coffee and milk powders • Sorbet, Gelato, Ice-blocks

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Foods to enjoy	
<p style="text-align: center;">Fruit</p> <ul style="list-style-type: none"> • Lemon • Rhubarb (no added sugar) • Lime • Frozen berries • Gooseberries • Guavas • Passionfruit 	
<p style="text-align: center;">Drinks</p> <ul style="list-style-type: none"> • Water is best! • Soda water • Plain mineral water • Herbal teas, Tea, Coffee Clear soups ♦ • Bovril ♦ • Low calorie drinks, e.g. Diet Sprite, Thiriftee, Baker Hall's Low Calorie Cordial,* 	
<p style="text-align: center;">To add flavor</p> <ul style="list-style-type: none"> • Garlic • Low calorie/oil salad dressings • Herbs and spices • Soy sauce ♦ • Root ginger • Tomato sauce/paste • Mustard • Vinegar • Lemon juice • Worcestershire sauce ♦ • Marmite/Vegemite ♦ 	
<p style="text-align: center;">Miscellaneous</p> <ul style="list-style-type: none"> • Artificial sweeteners and natural sweeteners such as Stevia * • Essence e.g. vanilla • Low calorie / diet jelly * <p>In pregnancy if using artificial sweeteners, use only:</p> <ul style="list-style-type: none"> • Aspartame (951) called NutraSweet* • Sucralose (955) called Splenda* • Acesulphame K (950)* 	

♦ Will not affect blood glucose levels but these foods contain a significant amount of salt or sodium. Use in small amounts.

*Will not affect blood glucose levels but too much artificial sweetener may cause gastric upset, minimize use

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