Foods to Enjoy – Foods not recommended

<table>
<thead>
<tr>
<th>Foods to enjoy</th>
<th>Foods not recommended</th>
</tr>
</thead>
<tbody>
<tr>
<td>• These foods contain very little carbohydrate or fat and are low in kilojoules / calories.</td>
<td>• Foods that contribute large amounts of sugar, kilojoules/calories to your diet.</td>
</tr>
<tr>
<td>• They are an excellent source of fibre, vitamins, minerals and antioxidants essential for good health.</td>
<td>• They may also be high in fat and salt and offer very little nutritional value.</td>
</tr>
<tr>
<td>• Eating too many of these foods may cause high blood glucose levels.</td>
<td></td>
</tr>
</tbody>
</table>

Choose a variety of different coloured vegetables daily

Stop – look and think before you eat these foods.

**Vegetables – fresh or frozen**

• 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

• Sugar – all types:
  - 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: February 2019 – February 2022
### Foods to enjoy

#### Fruit
- Lemon
- Rhubarb (no added sugar)
- Lime
- Frozen berries
- Gooseberries
- Guavas
- Passionfruit

#### Drinks
- Water is best!
- Soda water
- Plain mineral water
- Herbal teas, Tea, Coffee
- Clear soups •
- Bovril •
- Low calorie drinks, e.g. Diet Sprite, Thriftee, Baker Hall’s Low Calorie Cordial,*

#### To add flavor
- Garlic
- Low calorie/oil salad dressings
- Herbs and spices
- Soy sauce •
- Root ginger
- Tomato sauce/paste
- Mustard
- Vinegar
- Lemon juice
- Worcestershire sauce •
- Marmite/Vegemite •

#### Miscellaneous
- Artificial sweeteners and natural sweeteners such as Stevia *
- Essence e.g. vanilla
- Low calorie / diet jelly *

**In pregnancy** if using artificial sweeteners, use only:
- 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**