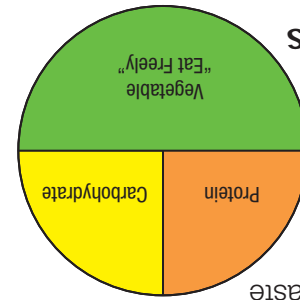


Note: Individual foods in **bold** – are low glycaemic index foods. They raise the blood glucose levels more slowly and are better choices.

What to drink?
Water, Tea/coffee – small amounts
Diet soft drinks

Artificial sweeteners
Splenda, Equal, Sucaryl



Add variety with:
Herbs and spices, mustard, garlic
Low calorie or 'Lite' salad dressing
Soya sauce, tomato sauce/paste
Vinegar
Diet jelly
Lime, rhubarb
Vegetable, marmite

Vegetables
Choose a selection of vegetables daily – eat plenty
Asparagus Broccoli Brussel sprouts
*Beetroot Butter Beans Cabbage Celery Cauliflower
Cucumber Egyptian Green Beans Mixed Vegetables
Leeks Lettuce
Marrow Mushrooms Onion
Parsley *Peas Peppers
Poha *Pumpkin Radish
Silverbeet Snow pea Spinach
Spring Onion Swede Taro Leaves
Tomato Watercress Zucchini

Eat Freely

Protein foods
• Choose a small 'palm' size serve at 1 or 2 meals per day
Meat with fat cut off, chicken without skin, fish including canned fish in water
Eggs, dried beans, lentils and peas
Low fat, unsweetened or 'diet', 'diet lite' yoghurt
Reduced fat milk or soy milk
Low fat cheese, 'lite' slices or cottage cheese

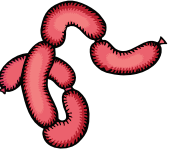
Carbohydrate (Starchy Foods)
• Have a small amount of carbohydrate at each meal.
• These foods help to balance blood glucose levels.
Bread – preferably **wholegrain, oat, barley, rye, wheatbran** or wholemeal.
Pita bread, roti, chapatti, crispbread, crackers, cabinbread
Rice – **Basmati, Doongara, Uncle Ben's parboiled**
Pasta, spaghetti, noodles, vermicelli
Dried beans, baked beans, split peas, lentils, barley
Kumara, potato, corn, parsnip, yam
Breadfruit, taro, tapioca, green banana
Breakfast cereals – high fibre, low sugar
Rolled oats, All-Bran, Special K, Weet-Bix
Unsweetened, untoasted muesli
Fruit – raw, stewed or canned without sugar
1 cupped handful = 1 serve (3 - 4 serves per day)

Eat Regularly

Use in small amounts
Margarine
Vegetable oil, e.g. canola, olive, peanut, soya
Peanut butter, nuts - dry roasted
Avocado



Kremetta, Chafade
Butter, ghee
Dripping, lard
Mayonnaise, salad dressing
Cheddar cheese, cream cheese
Cream, coconut cream
Twisties, cheezels, crisps, corn chips



Too much fat
Fried foods, chips, battered food
High fat takeaways
Fatty meats e.g. brisket, bacon, salami, mutton flaps, sausages
Luncheon sausage, savoy's
Sausage rolls, pies, pastries
Cream, coconut cream
Cheddar cheese, cream cheese
Mayonnaise, salad dressing



Too much sugar
Sugar – all types
Honey, marmalade, jam
Golden syrup, treacle
Lollies, chocolate, carob
Cakes, sweet biscuits
Muesli bars, roll-ups
Puddings, sweet desserts
Ice-cream, jelly
Dried fruit, sweetened fruit
Condensed milk
Milkshakes, flavoured milk
Flavoured mineral water
Cordials, fizzy drinks
Fruit juice, powdered drinks



Avoid

Suggestions

- Have 3 meals at regular times during the day.
- Include wholegrain bread and cereals, vegetables and fruit daily.
- Include dried beans, split peas, lentils and barley.
- Fill up on vegetables from the 'Eat Freely' list.
- Cook with minimal added fat – steam, boil, bake, microwave, or grill.
Dryfry or stirfry in nonstick pan or wipe/spray pan with oil.
- When using coconut cream, use only a little and dilute with water or low fat milk. Try using low fat tinned coconut milk/cream.
- Use only a scraping of margarine on bread.
- Use very little salt.
- Alcohol is high in calories/energy and can affect the control of your diabetes. Discuss its use with your Dietitian or Doctor.
- If overweight aim to lose weight slowly.
- Exercise is very important.
Aim for 30 minutes/day

Remember

Snacking is necessary when taking insulin or diabetes medication. When taking Metformin, or Acarbose only, snacks may not be necessary.

There is a lot more to learn about healthy eating. Contact a dietitian who can help you with your own personal eating plan.

 auckland region dietitians

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Sample Meal Plan

Amounts will vary for each person.

Breakfast

High fibre, low sugar cereal
Raw fruit or ½ cup unsweetened fruit and/or 'diet, lite' yoghurt, low fat milk and/or wholegrain bread/toast with a scraping of margarine or peanut butter
vegemite/marmite or 'no added sugar' jam

Lunch

Meat, fish or chicken - small 'palm' size serve
Vegetables from the 'Eat Freely' list
Potato, kumara, taro, tapioca, green banana, rice or pasta – medium serve
Raw fruit – 1 cupped hand full

Or

Meat, fish or chicken - small 'palm' size serve
Low fat cheese or yoghurt – small serve
Vegetables from the 'Eat Freely' list
Wholegrain bread or rolls
Raw fruit – 1 cupped hand full

Evening Meal

Meat, fish or chicken - small 'palm' size serve
Vegetables from the 'Eat Freely' list
Potato, kumara, taro, tapioca, green banana, rice or pasta – medium serve
Raw fruit – 1 cupped hand full

Between Meals

Water, tea, coffee or 'diet' drinks
Raw fruit – 1 cupped hand full / 2 wholegrain crispbreads / lite or diet lite yoghurt / 250ml low fat milk / 1 medium slice wholegrain bread.



A Basic Guide to Food for People with Diabetes



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