

HEALTHY FOOD CHOICES

Breads and cereals	1 serve =																					
<p>3 - 6 serves daily</p> <p>> preferably choose wholegrain varieties</p>	<p>1 slice bread or flat bread, ½ English muffin, or ½ medium bread roll 1 round crumpet, 2-3 large crisp-breads ⅓ cup cooked noodles, spaghetti or macaroni ½ cup cooked barley or cooked bulgur (cracked wheat), semolina ⅓ cup cooked rice (choose low GI white rice or Basmati or couscous) Breakfast cereals – e.g. ¼ cup raw oats, natural muesli (untoasted) or oat bran ¾ cup cooked porridge (made with water) 1½ Weetabix, ½ cup plain Mini-Wheats ½ cup All-bran, Guardian or ⅓ cup Sustain or Just Right</p>																					
Vegetables	1 serve =																					
<p>5 - 6 serves daily</p> <p>Starchy</p> <p>> eat in moderation</p> <p>Non-starchy</p> <p>> eat plenty</p> <p>> fresh, frozen and canned varieties are suitable</p> <p>> choose the no added salt/ low salt tinned varieties</p>	<p>1 small potato, ¼ small (100g) sweet potato, 1 cup sweet corn or 1 medium cob, ½ cup cooked (dried) beans</p> <p>1 serve = 1 cup salad vegetables, ½ cup cooked vegetables</p> <table style="width: 100%; border: none;"> <tr> <td style="width: 33%;">asparagus</td> <td style="width: 33%;">beetroot</td> <td style="width: 33%;">bok choy</td> </tr> <tr> <td>broccoli</td> <td>cabbage</td> <td>capsicum</td> </tr> <tr> <td>carrot</td> <td>cauliflower</td> <td>celery</td> </tr> <tr> <td>cucumber</td> <td>eggplant</td> <td>green beans</td> </tr> <tr> <td>lettuce</td> <td>mushrooms</td> <td>onions</td> </tr> <tr> <td>peas</td> <td>pumpkin</td> <td>spinach</td> </tr> <tr> <td>tomato</td> <td>turnip</td> <td>zucchini</td> </tr> </table>	asparagus	beetroot	bok choy	broccoli	cabbage	capsicum	carrot	cauliflower	celery	cucumber	eggplant	green beans	lettuce	mushrooms	onions	peas	pumpkin	spinach	tomato	turnip	zucchini
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Fruit	Any fruits are suitable 1 serve =																					
<p>2 serves daily</p> <p>> eat in moderation, space over the day</p> <p>> fresh, unsweetened canned or dried (not glacé) varieties are okay</p>	<p>1 apple, 1 small banana, 1 large orange, 1 large peach, 1 medium pear, 1 small mango, 6 medium fresh apricots, 2 medium kiwi fruit, 2 medium mandarins or 2 medium plums 1½ cups diced rockmelon / watermelon 20 medium grapes, 2 slices pineapple ½ cup tinned fruit (in natural juice and drained) Only occasionally 1½ tablespoons sultanas, 6 dried apricot halves, 150ml unsweetened 100% fruit juice (limit to 1 serve a day)</p>																					
Milk products	1 serve =																					
<p>2½ serves daily (For women 51 years or older 4 serves daily) (For men 70 year or older 3 ½ serves daily)</p> <p>> preferably use low-fat or skim varieties</p>	<p>250ml milk – fresh, dried, UHT, soy (low fat or skim) 125ml evaporated unsweetened milk 200g low fat diet or natural yoghurt 100g low fat flavoured/fruit yoghurt ½ cup low fat custard 40g hard cheese (2 slices), 120g ricotta or cottage cheese</p>																					
Protein foods	1 serve =																					
<p>2 - 3 serves daily</p> <p>> use non-fat cooking methods, e.g. baking on a rack, boiling, grilling, micro-waving, steaming</p>	<p>65g cooked lean meats such as beef, lamb, pork or kangaroo ½ cup cooked lean mince, 2 small trimmed chops, 2 slices lean roast meat 80g cooked poultry without skin – chicken or turkey 100g cooked fish fillet or 1 small can fish (no added salt, not in brine, choose in spring water) 2 large eggs, 170g tofu, 30g nuts or seeds or nut paste 1 cup cooked(dried) peas, beans, lentils, chickpeas or canned beans</p>																					
Added fat	A small amount																					
<p>> Use small amounts only, (e.g. 1-2 tablespoons per day of 'healthy fats')</p> <p>> Limit frying</p>	<p>> Best choices are polyunsaturated or mono-unsaturated margarines and oils – e.g. sunflower, rice bran, canola, olive.</p> <p>> Avocados, nuts and seeds are high in 'healthy' fats. Use in small amounts if you are trying to achieve your most comfortable healthy weight.</p> <p>> Avoid animal fats where possible– e.g. butter, lard, dripping, Supafry, coconut oil & cream. Limit use of coconut milk/cream.</p>																					

Consume foods written in italics in moderation as they contain moderate to high amounts of carbohydrates

Sample Meal Plan

Include some slowly digested carbohydrate foods with each meal. These foods are underlined in the menu below.

This meal plan describes average amounts of food for a healthy diet and includes 3 to 4 serves of carbohydrate at each meal. People's food needs, metabolism, and weight vary greatly. It may be useful to consult a dietitian to find what quantities are appropriate for you and to work out a personalised plan.

Breakfast

Example 1: 3 serves of carbohydrates

1 serve breakfast cereal – with skim milk (e.g. $\frac{3}{4}$ cup cooked porridge and 250ml skim milk) and

1 slice wholegrain toast – thinly spread with margarine, vegemite, 100% fruit spread, low fat cheese, or tomato).



Example 2: 4 serves of carbohydrates

1 large peach or $\frac{1}{2}$ cup drained no-added sugar canned or stewed fruit or 200g low fat diet yoghurt, $\frac{1}{2}$ cup baked beans and 1 slice wholegrain toast.

Tea, coffee, water.

Light meal

Example 1: 3 serves of carbohydrates

1 wholegrain sandwich or roll filled with 1 slice (30g) lean meat, skinless chicken, fish or fat-reduced cheese and salad and a 200g tub of diet fruit yoghurt.



Example 2: 4 serves of carbohydrates

Salad with 1 slice (30g) lean meat, skinless chicken, fish, reduced-fat cheese or 1 large egg plus 1 wholegrain roll or 2 slices wholegrain bread or 4 wholegrain crisp breads & 200g diet fruit yoghurt & 1 apple.

Tea, coffee, water.



Main meal

Example 1: 3 serves of carbohydrates

1 bowl homemade vegetable soup made with fat free stock (if desired), 120g lean meat, skinless chicken or fish and 1 cup sweet potato or $\frac{2}{3}$ cup Low GI rice and vegetables or salad & 20 medium grapes.

Example 2: 4 serves of carbohydrates

1 cup cooked pasta with tomato-based vegetable sauce, with 120g lean beef mince and salad, and $\frac{1}{2}$ cup tinned fruit in natural juice with diet jelly.



Tea, coffee, water.

Note: Not all people with diabetes require snacks. Please discuss with a dietitian.

CHECKLIST

Healthier alternatives	Have these foods sometimes
No or low added sugar	High in added sugar
> Tablet, liquid or powdered artificial sweeteners.	> Sugar (brown, raw, white), syrups.
> Low- joule jam/marmalade, Promite, Vegemite (high in salt), no added sugar peanut butter, meat/fish paste, 100% fruit spread.	> Ordinary jam, marmalade, syrups, Nutella, standard/regular peanut butter.
> Diet cordial/diet soft drinks > Plain mineral/soda water > Low fat milk, artificially sweetened flavoured milk > 100% fruit juice – limit 150ml per day	> Ordinary cordial, ordinary soft drinks > Flavoured mineral water, sports drinks e.g. Gatorade > Tonic water, fruit juice drinks > Ordinary flavoured milk.
> Light beer, dry wines or spirits – limit alcoholic drinks to no more than 2 standard drinks on any day	> Alcoholic drinks high in added sugar or calories – e.g. sweet wine/sherry, port, liqueurs, ordinary beer.
> Sugar free lollies sweetened with Splenda or other sweetener (limit to 2-3 lollies per day) – e.g. Double D sugar free.	> Confectionary – e.g. lollies, cough lollies, chocolate (ordinary/carob), muesli/health bars
> Wholegrain crisp breads / crackers, wholemeal scones, fruit loaf.	> Sweet biscuits – e.g. cream, chocolate, shortbread cakes, donuts, iced buns, sweet pastries.
> Diet jelly, fresh or tinned stewed fruit in natural juice (drained), custard or junket made with sweetener and low fat milk > 'No-added sugar' low fat instant desserts or diet yoghurt, Dairy Bell Lite ice-cream or light ice-cream (1 scoop) > Low joule ice cream topping.	> Sweet desserts – e.g. ordinary jelly, fruit in sugar, syrup, fruit pies, cheesecake, puddings > Ordinary fruit yoghurt or ice cream > Ordinary ice-cream toppings.
> Low sugar, low fat, high fibre cereals – e.g. porridge, Vita Brits, Weet-bix, All bran, Sustain, Guardian, Mini-wheats.	> Low fibre, high sugar cereals – e.g. toasted muesli, Nutrigrain, Coco Pops, Froot Loops
No or low fat	High in fat, in particular saturated or trans fats
> Low fat mayonnaise, low joule dressings, vinegar, lemon juice, plain light yoghurt, fish / soy sauces (high in salt), homemade stock	> Ordinary mayonnaise, oily dressings, cream sauces, fatty gravies, sour cream
> Reduced fat cheese, ricotta / cottage cheese	> Full fat cheese
> Lean cuts of meat – e.g. ham, beef, chicken or turkey breast, trim all visible fat, remove chicken skin.	> Fat on meat, duck and chicken skin. > Fatty meats – e.g. sausages, bacon, salami, fritz.
> Foods cooked without fat, or with a minimal amount of poly/mono-unsaturated vegetable oil e.g. grilled fish, rotisserie chicken (no skin).	> Deep-fried/battered foods; fried dim sims, spring rolls, pies/pasties.
> Fruit or vegetables, plain popcorn, low salt pretzels, plain rice crackers.	> Crisps, hot chips, prawn crackers, buttered/salted popcorn
> Limit to 1-2 tablespoons margarine/oil per day, preferably poly or mono-unsaturated. Choose margarines with less than 1g trans fat per 100g. > Limit nuts, seeds and peanut paste, choose unsalted nuts.	> Butter, palm oil, cream, dripping, lard, ghee, coconut cream / milk, coconut oil.

Acknowledgements: CALHN, SALHN, NALHN Dietitians.

The information contained within the publication does not constitute medical advice, and is for general information only. Readers should always seek independent, professional advice where appropriate

For more information

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Current from 2017	Next review 2020
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