

# Fact Sheet

Central Adelaide Local Health Network

Diabetes Education Service

## Major nutrient groups

Foods contain three main nutrients: carbohydrate, protein and fat.

### Carbohydrate

All carbohydrate foods are eventually digested into glucose in your bloodstream. Glucose is your main source of energy.

Some carbohydrate foods are broken down into glucose more quickly than others. Carbohydrate foods that are digested more slowly are found on page two and are underlined.

Try and include at least one of these foods at each meal.

### Protein

Protein is essential for your body's growth and repair. Foods that contain protein also supply essential vitamins and minerals such as iron, zinc and calcium. Most high protein foods contain very little carbohydrate therefore they do not raise blood glucose levels directly.

### Fat

Fats are an important part of a healthy diet.

Carrying excess body fat can cause your insulin to work harder and this can lead to high blood glucose levels.

'Healthy fat' such as poly and mono unsaturated fat (most plant oils & margarines) can assist in lowering cholesterol. Small amounts of 'healthy fats' should be included each day.

Saturated and trans fats are 'unhealthy fats' as they can raise cholesterol and can increase the risk of heart disease.

Meals that include wholegrain breads and cereals, vegetables and fruit, with small serves of lean meats, low fat dairy products and healthy fats can assist in lowering blood glucose levels.

#### References:

Women's & Children's Hospital *Carbohydrate Exchange List 2012*  
Allan Borushek's *Calorie, Fat and Carbohydrate Counter 2016*

**Acknowledgements:** CALHN, SALHN, NALHN Dietitians.

### For more information

#### CALHN Diabetes Education Service

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✓ **Better carbohydrate choices**

Food underlined breaks down slowly into glucose

Aim for \_\_\_\_\_ serves for breakfast, lunch & dinner and \_\_\_\_\_ serves for morning & afternoon tea & supper  
(Amounts shown indicate 1 serve or exchange = 15g of carbohydrate)



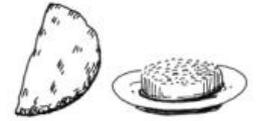
dense whole grain bread  
1 slice



wholemeal / rye / light rye bread  
1 slice



fruit loaf  
1 slice



1/2 regular pita bread or  
1 round crumpet



Wholegrain crackers  
eg 4 Vita-Weat biscuits



1/3 cup cooked rice  
Doongara / Basmati



pasta  
1/3 cup cooked



1/4 cup cooked polenta or  
1/3 cup cooked couscous, quinoa



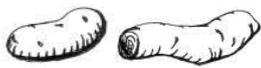
3/4 cup cooked porridge  
1/2 cup All-Bran, 1/4 cup raw oats  
1/2 cup Guardian



1 1/2 Weet-Bix / Vita Brits



1/3 cup Sustain or Just Right  
or 1/2 cup plain cereal (no added fruit)  
or 1/4 cup natural muesli



100g (1/4 small) sweet potato  
or 1 small potato



sweetcorn  
1 cup kernels or  
1 medium cob



legumes  
(cooked or tinned)  
eg 1/2 cup baked beans



250ml low fat milk



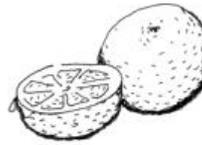
yoghurt  
200g low fat natural or diet fruit,  
100g fruit yoghurt



20 medium grapes



1 medium pear



1 large orange



1 medium apple



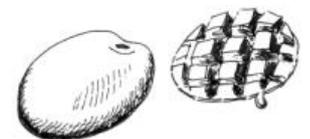
1 large peach



25 medium cherries



2 slices/rings pineapple



1 small (150g) mango



2 medium mandarins



6 medium apricots



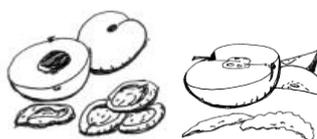
1 1/2 cups diced  
rockmelon / watermelon



1 small banana



1 1/2 tablespoons  
sultanas / raisins



6 medium dried apricot halves or  
8 dried apple rings



unsweetened fruit juice  
1 small glass (150ml) / day



tinned fruit in natural juice  
drained 1/2 cup

## Occasional carbohydrate foods

High in saturated fat & added sugar



cakes / pastries



sweet biscuits

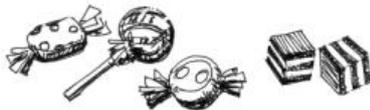


chocolate

### High in added sugar



ordinary jelly



lollies

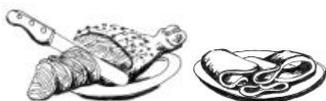


ordinary soft drink / cordial / sport drinks

### ✓ Protein foods – Low in fat



grilled fish or  
tinned fish in brine or water



lean cold meats  
eg lean ham



lean roast and grilled steak  
(trimmed)



lean chicken and turkey  
(no skin)



lean mince



poached / boiled eggs



low fat cheese



low fat ricotta / cottage cheese

### Protein foods – High in fat



turkey / chicken with skin



fatty pork / bacon



sausages / chops



offal



fatty mince



fritz / salami / mettwurst



full fat cheese or  
ordinary cheese slices



battered/ crumbed  
fish/meat/chicken

### ✓ Healthy fats & fatty foods – Poly/mono unsaturated fats (best choices)



Eg. olive, canola, peanut oils &  
margarines



avocado



raw seeds, nuts (unsalted),  
peanut butter

### Unhealthy fats & fatty foods – Saturated or trans fats



butter



cream



palm / coconut oil



copha / lard / dripping



coconut / coconut cream / milk



pies / pasties / sausage rolls



most takeaways



crisps

## ✓ Unrestricted foods

These foods are low in energy (calories / kilojoules), high in vitamins, minerals and fibre, they may be eaten as desired.



asparagus



beetroot



broccoli



brussel sprouts



turnips



lettuce



carrots



capsicum



cauliflower



onions



spring onions



garlic



cucumber



cabbage



tomatoes



radishes



mushrooms



pumpkin



celery



green beans



spinach



peas



eggplant



zucchini



herbs / spices



lemons / lemon juice



strawberries  
(up to ½ cup)

## Miscellaneous foods that are suitable



tea / coffee / water



vinegar



condiments in small amounts



low fat dressings / mayonnaise



diet jelly & diet jam



diet cordial / diet soft drinks  
plain mineral water / soda water



vegemite \*\*



tomato / soy / oyster sauce\*\*

**\*\*These foods are high in salt – limit to small amounts**