

healthy eating guide

Healthy eating is important for everyone, including people living with diabetes. As separate meals for people living with diabetes are not necessary, family and friends can enjoy the same healthy and tasty meals together. Follow this 7 day healthy meal plan to help kick start a healthy change.

BREAKFAST

LUNCH

DINNER

Mon	Porridge (½ cup raw rolled oats) made with ½ cup skim/low fat milk and water. 1 tbsp sultanas.	½ cup reduced salt baked beans. 1 multigrain English muffin. 2 teaspoons margarine. 1 cup of salad/vegetables.	65–100g cooked skinless chicken breast. ⅔ cup cooked Basmati or Doongara rice. 1½ cups cooked vegetables. 200g diet fruit yoghurt.
Tues	½ cup untoasted muesli with ½ cup skim/low fat milk. 3 prunes. 10g sunflower seeds.	1 wholegrain bread roll, 2 teaspoons margarine, 40g low/reduced fat cheese, lots of salad vegetables. 1 small pear.	65–100g cooked lean beef. 1 corn cob. 1½ cups cooked vegetables. ½ cup low fat custard.
Wed	1 slice wholegrain toast, 1 tspn margarine, Vegemite® or 100% fruit jam. 1 small banana. Coffee made with 250ml low fat/skim milk.	95g can of tuna (in springwater), 1 cup of salad vegetables, 2 slices wholegrain bread, 2 teaspoons margarine. 200g diet fruit yoghurt.	Tomato based pasta sauce with 1 cup cooked pasta. 1½ cups cooked vegetables. 30g unsalted pine nuts. 1 cup diced strawberries, grapes.

This 7 day meal plan is a basic guide to healthy eating. It is recommended that you see an Accredited Practising Dietitian (APD) for more specific and individualised advice to meet your needs.



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BREAKFAST

LUNCH

DINNER

Thurs ¼ cup All Bran®.
½ cup skim/low fat milk. 1 thin slice of heavy fruit based bread, 1 teaspoon margarine.

½ cup corn kernels,
1 cup salad greens.
1 wholegrain bread roll, 2 teaspoons margarine, 1-2 boiled eggs.

120g fish fillet grilled.
½ cup orange sweet potato, mashed. 1 cup cooked vegetables. ½ cup low fat custard. ½ cup canned fruit in natural juice.

Fri ½ cup creamed corn.
1 slice wholegrain toast, 1 teaspoon margarine, 1 medium apple.

2 slices of reduced fat cheese (40g),
1 tomato on wholegrain roll with 2 teaspoons margarine – try grilling each half. ½ cup fresh fruit salad.

65–100g cooked skinless chicken breast.
½ corn cob. 1½ cups salad vegetables.
¾ cup pasta salad with low fat dressing.
200g diet fruit yoghurt.

Sat 1 cup Guardian® with ½ cup skim/low fat milk. 100g low fat fruit yoghurt. ½ cup canned fruit in natural juice, drained.

2 cups of salad vegetables. 2 slices wholegrain bread, 50g sliced turkey breast, 2 slices avocado. 1 large orange.

65–100g cooked lean beef mince cooked in tomato based sauce. 1 cup cooked pasta. 1 cup cooked vegetables. 40g grated reduced/low fat cheese.

Sun 1 cup fresh fruit salad. 2 slices of wholegrain bread, 2 teaspoons margarine. 1 poached egg. Mushrooms and tomatoes grilled.

1 cup of salad vegetables on medium wholemeal pita bread. Small tin salmon (in springwater). 200g diet fruit yoghurt.

90g cooked lean roast lamb. 1 medium potato in jacket. ½ cup orange sweet potato. 1 cup cooked vegetables. 1 thin slice of heavy fruit based bread, 1 teaspoon margarine.

Points to remember

- When 'cooked vegetables' or 'salad vegetables' appear on the meal plan, it refers to vegetables that contain small quantities of carbohydrate, sometimes referred to as 'free' vegetables. These do not include legumes, potato, sweet potato, corn, taro or parsnip.
- Each meal provides approximately 45g carbohydrate when nutritionally analysed.
- Try using herbs, spices, lemon juice, vinegar and pepper to enhance the flavour of your meals. You could also use small amounts of mustards, chutneys and relishes (watch the salt content), avocado or low fat dips and spreads (eg: hummus, baba ganoush, tsatsiki) or make up your own tasty dressings with low fat natural yoghurt mixed with lemon juice and a variety of fresh, chopped herbs.
- Choose margarines based on unsaturated fats (eg: olive, canola, sunflower, safflower). Compare labels and choose those that are low in saturated fat and contain less than 1g per 100g of trans fat. Use small amounts of unsaturated oils in cooking (eg 1 teaspoon oil per person).

Healthy snacks

For some people it is recommended they include a small amount of food containing carbohydrate between meals. This often depends on body weight, physical activity levels and the type of medication required to manage your diabetes.

Suitable snacks may include a small glass of low fat/skim milk, a low fat or diet yoghurt, a serve of fruit (fresh, tinned in natural juice or dried), a slice of heavy fruit based bread, small fruit scone, a small bowl of a high fibre breakfast cereal or some high fibre low fat wholegrain crackers such as Vita Weats® or Ryvita crispbreads.

For more information see the *Healthy Snacks and Diabetes* information sheet.

It is important to discuss your individual needs with your dietitian (APD), diabetes educator or doctor.

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Healthy eating tips

- > Eat 3 regular meals a day.
- > Include small quantities of carbohydrate foods at each meal.
- > Eat 2 serves of fruit each day (fresh, tinned in natural juice, dried or frozen).
- > Eat at least 5 serves of vegetables each day (fresh, canned or frozen). One serve equals ½ cup cooked vegetables, 1 cup salad vegetables or 1 medium potato. Try nibbling on salad vegetables during the day if hungry like a carrot, tomato or celery.
- > Include low fat dairy foods each day. The daily amount you need depends on your age and gender so ask your dietitian for specific advice.
- > Ideally include at least one low glycemic index (GI) food at each meal.
- > Choose foods that are low in salt (sodium).
- > Drink plenty of water and limit juices, regular soft drinks and cordials.
- > If you drink alcohol, aim for no more than 2 standard drinks a day.* A standard drink is equivalent to a middy (285ml) of beer, a small glass of wine (100ml), a nip of spirits (30ml) or 60ml of fortified wine. Try to drink alcohol with a carbohydrate containing meal and include alcohol-free days.

Some people may need to have less alcohol due to their age, medication or the need to lose weight. Discuss alcohol with your doctor and/or diabetes educator.

* NHMRC, Australian Guidelines to Reduce Health Risks from Drinking Alcohol (2009).

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