

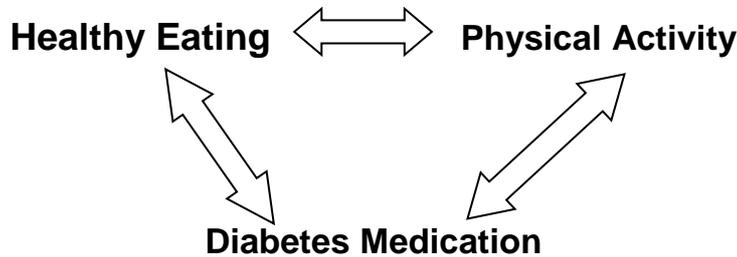
Food Guide for People with Diabetes

Healthy eating helps you to:

- control your blood glucose levels
- control your weight
- reduce the chances of developing complications from diabetes



Good diabetes control depends on a balance between:



This pamphlet focuses on healthy eating to help control your blood glucose levels.

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Carbohydrate

- Carbohydrates provide your body with energy.
- When carbohydrates are eaten, they get broken down into glucose. This is absorbed into your blood and affects your 'blood glucose level'.
- Balancing your blood glucose level is an important part of managing your diabetes. This can be done by controlling how much carbohydrate you eat.

Sources of starch	Natural Sugars	Foods with added sugar for sweetness
<ul style="list-style-type: none">• Breakfast cereals, rolled oats, muesli bars• Bread and bread products, including roti, chapatti, pita bread, bagels, crumpets• Crackers, crispbreads, cabin bread• Grains - couscous, buckwheat, sago, semolina, quinoa, rice, noodles, vermicelli, pasta• Legumes - dried peas, beans, lentils, dahl, baked beans, kidney/haricot beans, chickpeas• Starchy vegetables - potato, kumara, corn, parsnip, taro, green banana, tapioca, breadfruit, yams, cassava	<ul style="list-style-type: none">• Fruit• Yoghurt• Milk• Honey	<ul style="list-style-type: none">• Jam• Cakes• Biscuits• Scones• Muffins• Ice-cream• Fruit Juice

Are all carbohydrates the same?

Some carbohydrate foods are more slowly digested and produce a more gradual rise in blood glucose levels. These are better for people with diabetes. These are called 'low glycaemic index', low GI foods, or 'slow release' carbohydrate foods.

Examples:

- Wholegrain breads (bread where you can still see seeds and grains) – e.g. Burgen, Vogel's
- Wholegrain cereals – e.g. All-Bran, traditional rolled oats, Special K
- Wholewheat pasta
- Brown or basmati rice
- Legumes – e.g. dried peas, beans, lentils, chickpeas

What about sugar?

Small amounts of added sugar and foods containing sugar can be included as part of a healthy eating pattern, but are best included as part of a low fat, high fibre meal.

A small amount is the equivalent of 1 - 2 teaspoons. An example would be:

- A scraping of regular jam or honey on a slice of wholegrain bread.
- Sugar in savoury foods, such as baked beans and tomato sauce.
- A teaspoon of sugar with cooked rolled oats.
- A teaspoon of Milo or Ovaltine in a cup of low fat milk.

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Protein

Protein foods are needed for growth and repair of body tissues.

Choose low fat varieties:

Lean meat, fish, chicken, eggs, seafood, legumes – dried peas, beans & lentils	1 - 2 serves per day 	1 serve meat, fish, chicken = 'palm' size 1 serve eggs = 1 egg 1 serve legumes = ¾ cup
Low fat milk, yoghurt, cheese	2 - 3 serves per day 	1 serve milk = 250ml 1 serve yogurt = 150g pottle 1 serve cheese = 40g small matchbox size

Fats and oils

Fats and oils are needed by the body, but only in very small amounts.

They are all high in energy (kilojoules / calories) so limit your intake if you want to lose weight.

It is best to limit saturated fats:

- butter, lard, Kremelta, palm oil
- fatty meat, chicken skin
- cream, coconut cream

Instead, choose unsaturated 'heart-friendly' fats in small amounts:

- Oil - olive, canola, peanut, safflower, sunflower, soybean, rice bran
- Margarine
- Nuts, peanut butter, avocado

Water is best!

Drinking water is best.

Try flavouring water with:

- A wedge of lemon
- Mint leaves
- Sliced cucumber
- Chopped fruit (e.g. strawberries, oranges)

Other sugar free drinks include:

- Tea (no added sugar)
- Coffee (no added sugar)
- Diet or 'sugar free' drinks

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