



Diabetes: it's in my hands



Diabetes: Food for thought

Healthy eating for diabetes follows the same healthy eating guidelines as recommended for everyone. You and your whole family can eat the same healthy meals. Eating healthily can reduce the risk of you and your family members getting diabetes.

A traditional Aboriginal and Torres Strait Islander diet is very healthy. It is low in fat, especially unhealthy fat, and based on lean meat and fish options with plenty of vegetables, fruit and unprocessed foods. Trying to choose foods that match this will help manage your diabetes. Your intake of carbohydrate foods and fat is important in the management of diabetes.

Carbohydrate foods

- Carbohydrate foods are the best energy source for the body.
- Choose healthy carbohydrate foods to have at each meal and snack.
- Carbohydrate foods are broken down into glucose.
- Too many carbohydrates at one time may cause high blood glucose levels.
- Not enough carbohydrates at a meal, or

over the whole day, may:

- Make you feel tired.
- Make you miss out on important vitamins and minerals.
- Cause a low blood glucose level (or hypo).

Healthy carbohydrate foods include:

- Bread and breakfast cereals – choose wholegrain options
- Rice and pasta
- Potato, sweet potato, taro and corn
- Legumes such as baked beans, lentils, kidney beans and split peas
- Fruit
- Milk and yoghurt – choose low fat

Fats

- Fats do not raise blood glucose levels.
- Fats eaten in excess can cause weight gain, making diabetes more difficult to manage.
- There are healthy and unhealthy fats.

Unhealthy fats	Healthy fats
Saturated and trans fats raise cholesterol levels and are found in:	Monounsaturated and polyunsaturated fats lower cholesterol and are found in:
Fatty meat Chicken skin Full fat dairy foods Fatty snacks e.g. chocolate, potato crisps, biscuits, pastries Fried take away foods	Canola and olive oils, and margarines Seed oils and margarines e.g. sunflower, sesame or safflower oil Nuts Avocado Fish

Healthy eating can be achieved by making just a few small changes. The following hints and tips will help you eat a healthy diet for diabetes.

Eat less fat, especially saturated fat

- Use less butter, try a scrape of margarine instead
- Avoid fried and takeaway foods
- Trim the fat off meat and take the skin off chicken
- Eat less fatty snacks like potato crisps and biscuits
- Use low fat milk, yoghurt, cheese and ice cream

Eat more fruit and vegetables

- Aim for two serves of fruit and five serves of vegetables daily
 - Fruit serve – one medium sized piece, two small pieces or 1 cup canned fruit (in natural juice)
 - Vegetable serve – ½ cup cooked vegetables, 1 cup salad or one medium sized potato
- Try to eat fruit or vegetables at each meal
- Snack on fruit during the day

Eat grainy breads and cereals

- Try to eat multigrain or wholemeal bread instead of white
- Eat high fibre cereals like Weetbix™, porridge or bran cereals
- Eat some bread or cereal or pasta or noodles or damper or rice with each meal

Eat less sugar

- Drink diet cordial or diet soft drink – avoid regular sweet drinks
- Don't eat chocolate, lollies, biscuits or cakes every day

Drink plenty of water

Eat regular meals

- Try to eat breakfast, lunch and dinner everyday

AN EXAMPLE MEAL PLAN

BREAKFAST

CHOOSE FROM:

- ½ cup high fibre breakfast cereal with ½–1 cup low fat milk and a serve of fruit

OR

- 2 slices bread or toast (multigrain is better) with ½ cup baked beans, tomato/mushrooms. For something different try scrambled, poached or boiled eggs* on your toast

OR

- 1–2 slices bread or toast (multigrain is better) with a scrape of jam, honey, vegemite or margarine, and a serve of fruit

* Limit eggs to 3–4 per week

LUNCH

CHOOSE FROM:

- 2 slices bread or 1 bread roll (multigrain is better) with salad and a small serve of lean meat, skinless chicken, canned fish or low fat cheese

AND

- Fruit or 100–200g low fat yoghurt

DINNER

CHOOSE FROM:

- Small amount of lean meat, chicken or fish (no bigger than the size of your hand)

AND

- ½ cup cooked rice or ½ cup cooked pasta or 1–2 slices bread (multigrain is better) or 1–2 medium potatoes or ½ cup corn/sweet potato/taro

AND

- Lots of salad or vegetables

AND

- ½ cup canned fruit (in natural juice) and a dollop of low fat yoghurt or low fat custard

SNACKS

Try fruit or 200g low fat yoghurt or plain popcorn or low fat crackers with healthy topping (e.g. tomato) or a slice of multigrain bread/toast or fruit bread/toast.

- If you are on diabetes tablets or insulin you may need snacks between your meals – ask your doctor

Reading food labels

What to look for?

Look at the '100 gram' column on the nutrition label to compare foods.

Fat: Pick the foods that are lower in fat, especially saturated fat.

Sugar: If sugar (glucose, fructose, sucrose, dextrose, maltose, honey) is first on the ingredient list then the product may not be the best choice. Some sugar in healthy foods is ok if written later in the list.

Fibre: Pick the foods that have the most fibre. Aim for 5g/100g or higher for bread and breakfast cereal.

Sodium (salt): Pick the foods with the lowest sodium. Products that say 'Salt-Reduced' or 'No Added Salt' will often be a good choice.

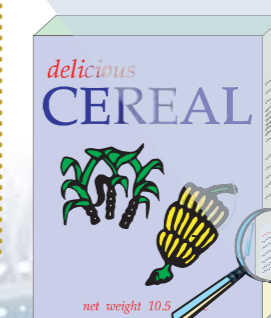
NUTRITION INFORMATION

SERVINGS PER PACKAGE: 24
SERVING SIZE: 30g

	Per Serve	100 g
Energy	447kJ	1490kJ
Protein	3.5	11.7
Fat, total	0.4g	1.4g
– saturated	0.1g	0.3g
Carbohydrate		
– total	20.3	67.7g
– sugars	1.3g	4.3g
Fibre	3.1g	10.3g
Sodium	89mg	297mg

Ingredients: Whole grain wheat (96%), sugar, salt, barley malt extract, minerals (zinc, iron), vitamins (niacin, thiamine, riboflavin, folate)

Sample food label



HEALTHY SHOPPING LIST

Instead of:	Try these:	
8 Sweet drinks Soft drink, cordials, fruit juices in large amounts	4 Water is the best drink. For a change try diet or low-joule cordials 4 One small glass of fruit juice a day is ok	
8 Lollies and chocolates Sweet lollies, mints, chewing gum, chocolates, health bars	4 Fresh fruit 4 Small amounts of: 4 No added sugar gum 4 Sugar free lollies	
8 Cakes Cakes, pastries, doughnuts	4 Scones, wholegrain or fruit bread, low fat crackers	
8 Butter	4 Poly or monounsaturated margarine like olive, canola or sunflower	
8 Full cream milk	4 Low fat or skim milk e.g. Lite White™, Lite Start™, Shape™, Trim™ 4 Powdered skim milk (made according to instructions)	
8 Sausages, bacon, devon, fatty meats	4 Lean meat like leg ham, kangaroo, chicken breast, canned salmon or tuna 4 Reduced fat mince, kangaroo mince (trim fat off meat before cooking)	
8 Full fat cheese	4 Low fat cheese slices 4 Small amounts of reduced fat cheese	
8 Pastries, pies, high fat takeaways (Don't eat everyday)	4 Sushi, toasted sandwich, lean meat roll or a wrap with lots of salad	
8 Chips, corn chips and crisps	4 Raw vegetables, plain popcorn, low fat crackers, rice cakes	
8 Fried foods	4 Foods that are grilled, baked, steamed, microwaved or cooked in a non-stick pan 4 Small amounts of canola, sunflower or olive oil are ok 4 Try spray oil	
8 Sweet biscuits Cream biscuits, chocolate biscuits	4 Fruit bread or toast 4 Low fat fruit filled biscuits: Snackright® Sultana Fruit Slice, Vive Light® Caramel Pecan, Full O' Fruit	
8 Desserts Fruit pies, puddings, ice cream, cakes	4 Fresh fruit 4 Low fat yoghurt 4 Low fat ice cream 4 Canned fruit in natural juice	

Diabetes Australia-NSW:

Phone: **1300 136 588**

Websites: www.diabetesnsw.com.au

www.diabeteskidsandteens.com.au

www.diabeteschannel.com.au

www.diabetesdirect.com.au



“Hands on Country”

This painting was created for Diabetes Australia-NSW by artist Chris Tobin, a Dharug man, and a traditional custodian in the Blue Mountains region.