

Dietitians New Zealand | Ngā Pūkenga Kai Ora o Aotearoa

EMPOWERING KIWIS
TO EAT WELL

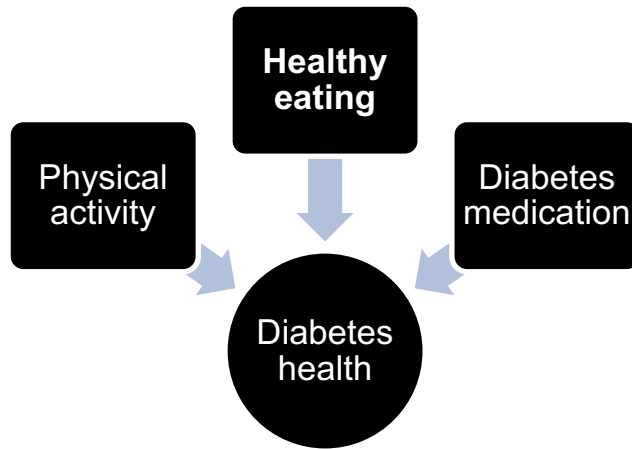
INFORMATION *for people*
and *whānau* with DIABETES

BASIC GENERAL
FOOD GUIDE FOR PEOPLE
WITH DIABETES

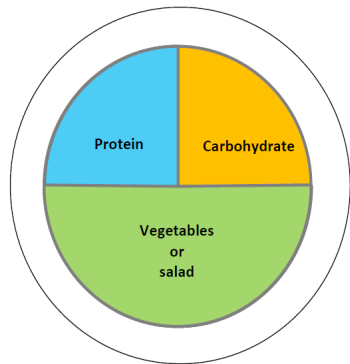
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Food guide for people with diabetes

Good diabetes management depends on a balance between:

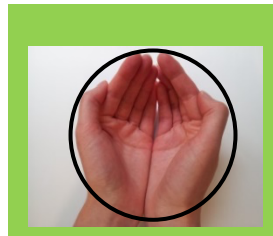


This pamphlet focuses on healthy eating to help control your glucose levels

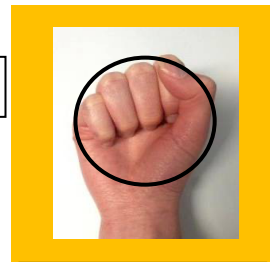


Five top tips for healthy eating with diabetes

1. Aim for 3 regular meals every day
2. Avoid sugar sweetened drinks
3. Fill ½ of your meal with non-starchy vegetables (green list)
4. Aim for 1 fist sized serving of carbohydrate at each of your meals (orange list)
5. Include regular activity/exercise



Vegetables or salad



Carbohydrate



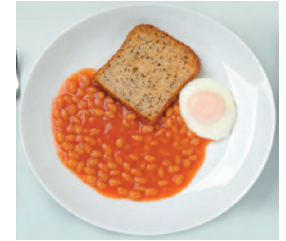
Protein

Sample meal plan

Breakfast



or



Lunch



or



Dinner



or



Snack (choose one between meals if needed)



or



or



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Foods to eat freely These will not affect your glucose levels or body weight	Foods to eat some of These will affect your body weight		
Vegetables or salad Asparagus Fennel Puha Alfalfa Courgette Radish Beans Cucumber Rocket Bok Choy Eggplant Shallots Broccoli Kale Snow peas Broccolini Leeks Spinach Brussel sprouts Lettuce Spring onion Cabbage Marrow Swede Capsicum Mixed veg Taro leaves Cauliflower Mushrooms Tomato Celery Onion Watercress Chilli Pak choy	Protein These may have a small effect on your glucose levels Almond milk Eggs Low fat cheese Beef / Chicken / Fish (fresh / / cottage / Goat / Lamb / frozen / tinned) lite' cheese Pork / Venison Seafood Tofu <i>Also see foods with both protein and carbohydrates</i>		Carbohydrates These will affect your glucose levels Bread Buckwheat Millett Chapatti / Naan / Bulgur wheat Polenta Roti Couscous Sago Flour Farro Semolina Pita / Wraps Freekeh Tapioca Rice Cassava Quinoa Breakfast cereals Green banana Tomato paste Oats Kumara Tomato sauce Porridge Parsnips Canned or Noodles Potato bottled sauces Pasta Taro Canned or Vermicelli Yam bottled soups Yoghurt Crackers Fruit (fresh / Milk (cow / soy / Crispbreads dried / stewed / oat / rice) tinned
Other Broths / Clear soups Diet jelly Essences Garlic Artificial sweeteners Gelatine Ginger Herbs Lemon Lime Equal / Splenda / Stevia / Sucaryl Mustard Spices Vinegar Yeast spreads	Heart Healthy Fats These may have a small effect on your glucose levels Almond butter Peanut butter Avocado Seeds Nuts Table spreads Oil		These foods have a very low glycemic index Beetroot Carrots Peas Pumpkin Popcorn Sweetcorn <i>Foods with both protein and carbohydrates</i> Baked beans Kidney beans Chickpeas Broad beans Lentils Cannellini beans Black beans
Foods to limit			
These foods are high in fat and can affect your heart health and body weight Butter Cheese Lard Coconut Cream	These foods are high in fat and / or sugar and will have an effect on your glucose levels and body weight Biscuits Chocolate Fries / hot chips Jams Muesli bars Puddings Cakes Condensed milk Honey Jellies Muffin Syrup Chips / Crisps Croissants Ice cream Lollies Pastries / Pies Scones Drinks: Cordials, fizzy, energy, sports, powdered drinks, milkshakes, flavoured milks		

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We'd love to hear from you.
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