

ndss

National Diabetes Services Scheme

An Australian Government Initiative



Healthy eating

A guide for older people
living with diabetes

NDSS Helpline 1800 637 700
ndss.com.au

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 **diabetes**
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The NDSS is administered by Diabetes Australia

National Diabetes Services Scheme

The NDSS is an initiative of the Australian Government administered by Diabetes Australia. The NDSS provides information, support and services and diabetes-related products at subsidised prices to people living with diabetes.

Registration is free and open to all eligible people in Australia diagnosed with diabetes.

For more information, visit ndss.com.au or call the NDSS Helpline on 1800 637 700.

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Welcome

As we get older, staying nourished and maintaining healthy eating habits can be challenging. The dietary needs of older people with diabetes are generally no different to those of other older people. You are encouraged to follow a healthy eating plan which suits your individual needs, tastes and cultural preference. There is no such thing as a 'diabetic' diet.

Healthy eating can help you manage your blood glucose levels, cholesterol and blood pressure. It is important to:

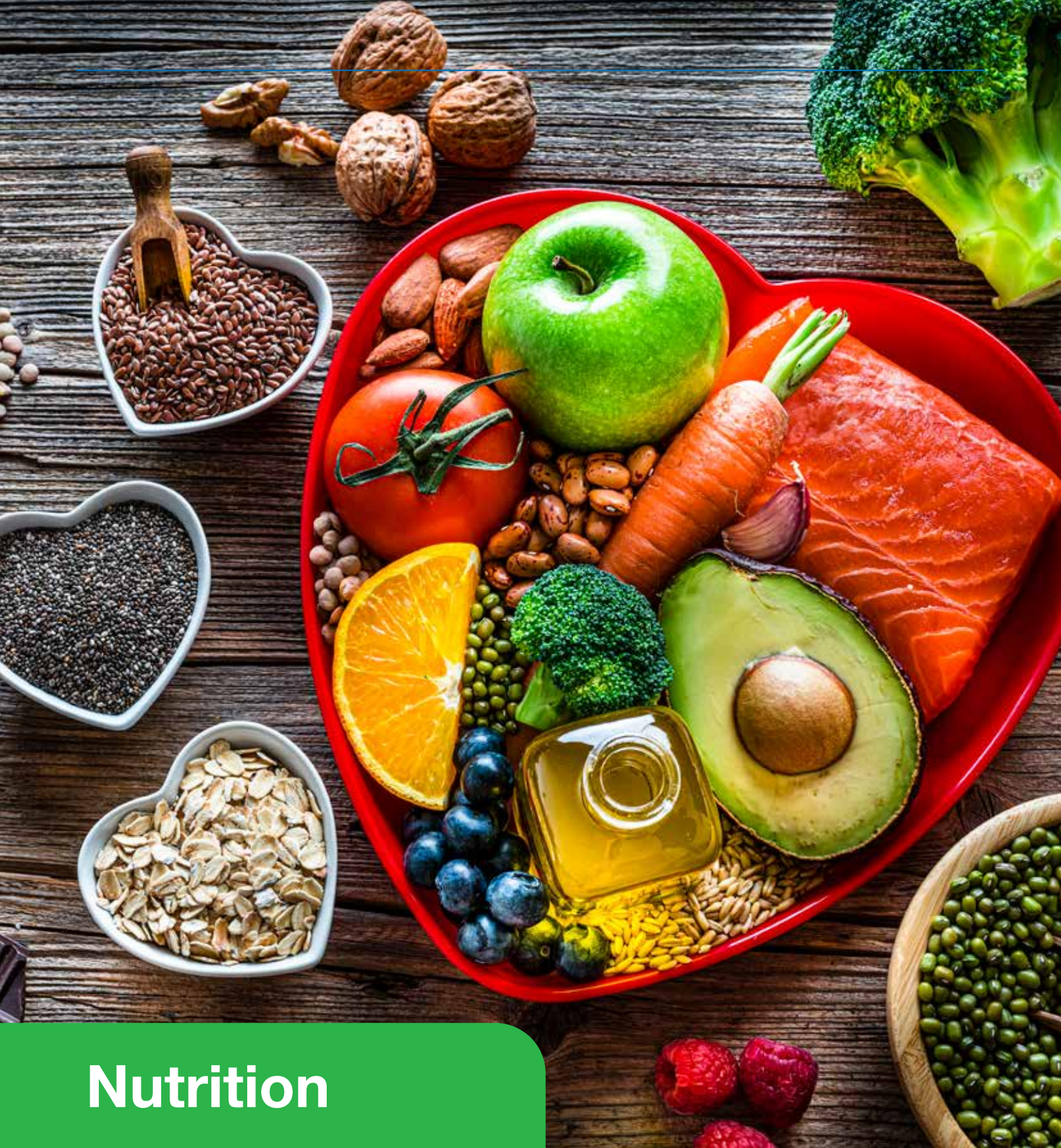
- » eat a variety of nutritious foods
- » be as active as you can
- » keep your weight stable and within the healthy range for your height, age and health conditions
- » drink plenty of fluids every day, preferably water
- » take your diabetes medicines as advised by your doctor.

Advice and information

We hope this booklet gives you some good general tips about healthy eating. However, there are times when you will need more personalised advice or further information.

For personalised advice about healthy eating, please visit an accredited practising dietitian. Dietitians Australia can help you find a dietitian near you – call them on **1800 812 942** or visit their website at dietitiansaustralia.org.au.

For more information about diabetes, visit ndss.com.au or call the NDSS Helpline on **1800 637 700**.













Nutrition

Nutrition

As you get older, it can become more difficult to get all the nutrients you need to stay healthy.

Age can affect what you eat and how your body works – for example, you may have a smaller appetite, need less energy or be managing other conditions. This means it is important to make every mouthful of food as nutritious as possible, so you get the essential nutrients you need to stay healthy. Some of these nutrients are shown below.

Nutrient		Good sources
Calcium To maintain strong bones to prevent osteoporosis and reduce the risk of fractures		<ul style="list-style-type: none"> » Almonds » Calcium-fortified non-dairy milks (e.g. soy) » Dairy food such as cheese, milk and yoghurt » Firm tofu » Kale and spinach » Kidney beans or chickpeas » Prawns » Sesame seed spread (tahini) » Tinned sardines and salmon
Vitamin D To maintain strong bones and teeth and help your body absorb calcium » Some people may need to take a vitamin D tablet to get the amount they need		<ul style="list-style-type: none"> » Sunlight » Salmon, sardines and tuna » Eggs » Vitamin D-fortified foods such as some varieties of milk and soy milk
Fibre To maintain healthy bowel function, prevent constipation, promote good gut bacteria, reduce cholesterol, and manage blood glucose levels		<ul style="list-style-type: none"> » Beans and lentils » Fruit » Nuts and seeds » Vegetables » Wholegrain breads and cereals
Water To stay hydrated, prevent constipation and promote healthy kidneys		<ul style="list-style-type: none"> » Water is essential for good health but the amount needed varies from person to person (see page 6).

Nutrient		Good sources
Vitamin B12 To help prevent anaemia and maintain healthy nerve function		<ul style="list-style-type: none"> » B12 fortified soy milk » Dairy food » Eggs » Fish » Meat » Poultry
Folate To help prevent anaemia		<ul style="list-style-type: none"> » Asparagus » Avocado » Dark green leafy vegetables » Fortified breakfast cereals » Legumes » Oranges
Potassium To reduce blood pressure and maintain strong bones and a healthy heart		<ul style="list-style-type: none"> » Bananas » Fruits and vegetables » Legumes » Milk and yoghurt » Nuts and seeds » Potatoes with skins on » Prunes and plums » Wholegrain breads and cereals
Magnesium To maintain strong bones and a healthy heart		<ul style="list-style-type: none"> » Green leafy vegetables » - Fish » - Legumes » Nuts » Wholegrain breads and cereals
Zinc To boost immune function and help with wound healing		<ul style="list-style-type: none"> » Dairy food » Lean meats » Legumes » Nuts and seeds » Seafood (including oysters) » Wholegrain breads and cereals
Omega-3 To reduce the risk of heart disease, and to improve symptoms of some types of arthritis		<ul style="list-style-type: none"> » Oily fish including salmon, sardines, mackerel and tuna » Plant-based sources <ul style="list-style-type: none"> – Canola oil – Flaxseed (linseed) – Chia seeds – Soybeans – Walnuts

Staying hydrated

Water is essential for good health. As you get older, you may find that you have a dry mouth but not feel thirsty.

Some important tips:

- » Your fluid intake needs will depend on factors such as the weather, your physical activity, age and health.
- » As a general guide, about 8 cups of fluid/ water per day for women and 10 cups of fluid/ water per day for men are recommended. However, it is important to talk to your doctor or dietitian about what's right for you, as some medical conditions may require you to limit your fluid intake.
- » Tea, coffee (maximum 3–4 cups), soups and milk all count toward your fluid intake for the day.
- » Water is always best unless you are underweight, losing weight without trying or have lost your appetite, when it may be better to have higher energy fluids such as milk instead.
- » Drink more if the weather is hot or when you are more active.
- » Drink if you feel thirsty or if your mouth is dry.
- » Drinking enough water every day can help prevent and treat constipation. It can also help with bladder infections and urinary incontinence.
- » If you feel more thirsty than usual, check your blood glucose levels. High blood glucose levels can cause increased thirst and urination.

Drinking alcohol

Alcohol can have many negative impacts on your health and can affect you differently as you get older.

Alcohol can affect your balance and increase the risk of falls.

Alcohol can interact with your medicines. It can have a strong effect on an empty stomach.

Alcohol can affect your thinking, reactions and mental capacity.

Remember

- » Not drinking alcohol is the safest and healthiest option.
- » Limit your alcohol intake to no more than 10 standard drinks a week and no more than 4 standard drinks on any one day.
- » The less you drink, the lower your risk of harm from alcohol.
- » If you take certain medications, alcohol increases the risk of having a hypo (low blood glucose) even the day after drinking.
- » You can become unstable on your feet after just one drink.
- » If you drink alcohol, make sure you have some food at the same time.
- » Alcohol can impact the way some medicines affect you, so check with your doctor or pharmacist if this may be an issue for you.
- » Do not drink and drive.







Daily food needs

This table shows you the number of serves you should aim to eat every day from each of the main food groups. These are a guide only. For personalised advice speak to your dietitian.




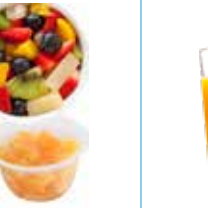

	Men 51–70 years	Men 70+ years	Women 51–70 years	Women 70+ years
Vegetables	5 ½	5	5	5
Fruit	2	2	2	2
Grain (cereal) food	6	4 ½	4	3
Lean meat, fish, poultry, eggs, tofu, nuts and seeds, and legumes/beans	2 ½	2 ½	2	2
Milk, yoghurt, cheese and/or alternatives	2 ½	3 ½	4	4

See the following pages for descriptions and sample serve sizes.









A standard serve of vegetables is about 75 g (100–350 kJ) or:








½ cup	½ cup	1 cup	½ cup	½ medium	1 medium
					
Cooked green or orange vegetables (broccoli, spinach, carrots or pumpkin)	Dried or canned beans, peas or lentils (preferably with no added salt)	Green leafy or raw salad vegetables	Sweet corn	Potato or other starchy vegetables (sweet potato, taro or cassava)	Tomato










A standard serve of fruit is about 150 g (350 kJ):

1 medium	2 small	1 cup	Or only occasionally:	
			125mL	30 g
				
Apple, banana, orange or pear	Apricots, kiwi fruits or plums	Diced or canned fruit (no added sugar)	Fruit juice (no added sugar)	Dried fruit (4 dried apricots, 1½ tablespoons of sultanas)

A standard serve of grainfoods* (cereal) is (500 kJ) or:

1 (40 g)	½ medium (40 g)	½ cup (75–120 g)	½ cup (75–120 g)	½ cup (120 g)	⅔ cup (30 g)	¼ cup (30 g)	3 (35 g)
							
Slice of bread	Roll or flat bread	Cooked rice, pasta, noodles	Barley, buckwheat, semolina, polenta, bulgur or quinoa	Cooked porridge	Wheat cereal flakes	Muesli	Crisp-breads







A standard serve of lean meat and poultry, fish, eggs, nuts and seeds, and legumes/beans is (500–600 kJ):						
Cooked 65 g	Cooked 80 g	Cooked 100 g	2 large (120 g)	1 cup (150 g) no added salt	170 g	30 g no added salt
Raw 90–100 g	Raw 100 g	Raw 115 g				
						
Lean red meats such as beef, lamb, veal, pork, goat or kangaroo	Lean poultry such as chicken or turkey	Fish fillet or one small can of fish	Eggs	Legumes/beans such as lentils, chickpeas or split peas	Tofu	Nuts, seeds, peanut or almond butter, tahini or other nut or seed paste.*
*Only to be used occasionally as a substitute for other foods in the group. (note: this amount for nuts and seeds gives approximately the same amount of energy as the other foods in this group but will provide less protein, iron or zinc).						

A standard serve of milk, yoghurt, cheese and/or alternatives is (500–600 kJ):					
1 cup (250 ml)	120 ml	2 slices (40 g)	120 g	200 g	250 ml
					
Fresh, UHT long-life, reconstituted powdered milk or buttermilk	Evaporated milk	Hard cheese, such as cheddar	Ricotta cheese	Yoghurt	Soy, rice or other cereal drink with at least 100 mg of added calcium per 100 ml
If you do not eat any foods from this group, try the following foods, which contain about the same amount of calcium as a serve of milk, yoghurt, cheese or alternatives:					
60 g	100 g		100 g		
					
Sardines, canned in water	Salmon, canned with bones		Firm tofu (look for calcium in the ingredients list)		


Meal plans

Try to eat a variety of nutritious foods every day. You may find it better to have your main meal in the middle of the day, when you are likely to feel hungrier or feel more like cooking.

Here are two sample meal plans we have provided for you.

Day 1		
Breakfast	Traditional porridge with milk and a piece of fresh fruit	
Mid-morning snack	One piece of fresh fruit	
Light meal	Wholegrain salad sandwich with chicken, ham, tinned fish, egg, baked beans or cheese	
Afternoon snack	Wholegrain crackers with cheese or peanut butter	
Main meal	Meat, chicken or fish, plenty of coloured vegetables and a small serve of sweet potato	
Supper	Tub of unsweetened yoghurt	

Day 2

Breakfast	Boiled or poached egg on wholegrain toast and a piece of fresh fruit	
Mid-morning snack	Tub of unsweetened yoghurt and a piece of fresh fruit or some berries	
Main meal	Meat, chicken or fish, plenty of coloured vegetables and a small serve of rice or pasta	
Afternoon snack	One slice of wholegrain fruit loaf spread with cottage cheese	
Light meal	Vegetable and lentil soup with one slice of wholegrain bread	
Supper	Hot chocolate – make with high-protein milk if you need to gain weight (see 'Recipes to gain weight' on page 36)	



Weighty issues

What is a healthy weight?

Your ideal healthy weight range depends on a number of factors. These include:

- » your age
- » what other medical conditions you have
- » how well you can move around
- » how frail you are.

Discuss your weight range with your doctor, dietitian or diabetes educator if you are not sure. Maintaining good nutrition levels and a healthy, stable body weight when you are older can help to:

- » preserve muscle and physical strength
- » reduce the risk of falls
- » protect you from injury if you fall
- » reduce the risk of infection and help wounds heal faster
- » maintain general quality of life.

For most older people, maintaining a healthy weight is important for health reasons.

If you have any unexpected or unplanned weight loss, be sure to alert your doctor or healthcare team, because it may be a sign of an underlying illness.

If you are above your healthy weight, you may be at a higher risk of joint pain and other chronic conditions such as heart disease and cancer. You may find it difficult to move around comfortably and safely.

If you have been advised to lose some weight for your health, it can be beneficial to lose 5–10% of your body weight. Weight loss in diabetes can improve your blood glucose levels and reduce how much medication you need.

Are you above your healthy weight?

If you are above your healthy weight, you may be at a higher risk of joint pain and other chronic conditions such as heart disease and cancer.

You may find it difficult to move around comfortably and safely. You could consider the following:

- » Eat regular nutritious meals across the day and limit snacks.
- » Choose nutritious foods from the five core food groups including vegetables, fruit, wholegrains, unsweetened dairy and lean protein. These can satisfy hunger and keep you feeling full for longer.
- » Eat fewer foods that are high in added sugars or saturated fats (including cakes, biscuits, chocolate, sweetened drinks, pastries, pies and fried foods). These foods are low in nutrition but high in kilojoules and should only be eaten sometimes and in small amounts.
- » Be as active as you can every day. Try to sit less and take every opportunity to move more each day within your ability.

Always consult a dietitian or your doctor before trying to lose weight, because losing weight when you are older can sometimes do more harm than good.

Are you below your healthy weight?

If you are below your healthy weight or are losing weight without trying to do so, consider the following:

- » Have a thorough check-up with your doctor to find out if there is a medical reason for your weight loss.
- » Have your blood glucose level checked by your doctor, because regular high glucose levels can lead to weight loss.
- » Eat small amounts of nutritious food more often rather than three big meals per day, even if you do not feel hungry.
- » In order to prevent further weight loss it may help to choose high-energy foods and drinks or add extra kilojoules to the foods and drinks you already have.
- » Avoid drinking too much liquid in the half-hour before and after meals, to help prevent overfilling your stomach.



Do you need to gain weight?

You may need to gain weight if you are sick or frail or have lost weight. It may be helpful to see a dietitian to support you to do this. Until you see a dietitian, you might like to try some of these practical tips:

- » Swap some of your low energy drinks (such as water, tea, coffee) for some energy-containing drinks milk drinks or smoothies.
- » Use evaporated or high-protein milk (see our 'Recipes to help gain weight' section) in place of regular milk such as on breakfast cereal, in soups and smoothies.
- » Spread toast and sandwiches thickly with peanut butter, other nut spreads, avocado, or cream cheese.
- » Include a high-protein food with every meal, such as tinned fish, eggs, cheese, milk, meat, chicken, nuts or legumes.
- » Use olive or canola oil when cooking meat, eggs or fish and add extra olive oil dressing or avocado on salads and vegetables.
- » Add milk, evaporated milk, milk powder, cream, cheese, olive oil and lentils or canned beans to soups, stews and savoury dishes.
- » Use full-cream dairy products rather than low-fat ones.
- » Have a slice of your favourite cake.

You might need some advice on how eating extra food will affect your blood glucose levels, so it is worth talking to your doctor, credentialled diabetes educator or dietitian before you make any changes.

Do you struggle to chew or swallow?

Sometimes you may lose teeth or have new or loose dentures that make your mouth sore when you chew. You may have problems swallowing certain foods or drinks. These problems may make you feel like not eating but it is important to make sure you eat enough to maintain your health.

If you have problems chewing or swallowing food, visit your doctor to have the problem assessed and treated early. Your doctor may need to refer you to a dentist, dietitian or speech pathologist for further review.

Have you lost your appetite?

As you get older you may lose your appetite for many reasons: you may be sick or in pain, grieving or lonely, your sense of smell and taste may change, or it may be the result of the ageing process or certain medications. If you are eating less than before, you may need to see your doctor to have your medicines adjusted. If you lose your appetite, you should have a check-up with your doctor.

Then, if there is no underlying medical cause, try some of these ideas:

- » Eat smaller, more nutritious meals more often even if you do not feel hungry.
- » Eat in a relaxed environment – for example, listen to some music or take your lunch to the park.
- » Eat in the company of others whenever possible.
- » Stimulate your appetite by doing some physical activity before you eat, no matter how little it might be.
- » Eat food that you enjoy.
- » Make every mouthful of food as tasty and nutritious as possible.
- » Eat when you are hungry, even if it is not meal time.

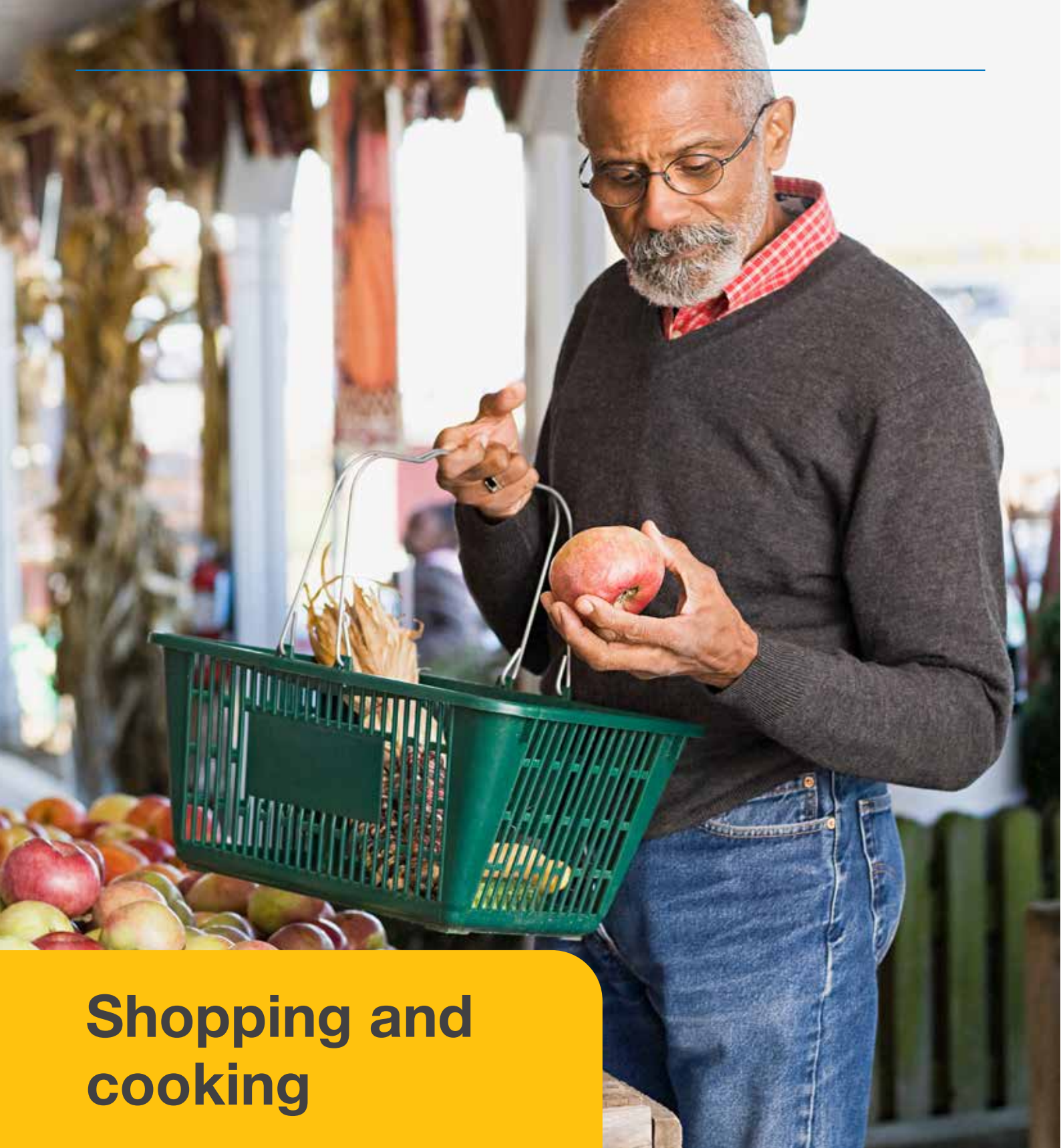
When to seek advice

Speak to your doctor, diabetes educator or other member of your healthcare team if:

- » you are sick
- » your blood glucose levels are regularly higher or lower than your target range
- » you lose your appetite
- » you are losing weight without trying
- » you experience incontinence or constipation
- » you have trouble with a sore mouth, your teeth or swallowing
- » you have trouble shopping or cooking.

You should also let a friend or family member know if you are sick or are experiencing difficulties with your diabetes, shopping, cooking or eating.

You may hear of different diets recommended as a healthy way of eating. If you are considering a “diet” or different style of eating, you should talk to a member of your healthcare team beforehand. Some diets can have a negative impact on your health and diabetes management.



Shopping and cooking

Shopping

Here are some tips to help you streamline your shopping and make sure you have everything you need for healthy eating:

- » Know what to choose at the supermarket to help manage your blood glucose levels, cholesterol and blood pressure. A dietitian can help you make healthy food choices. To speak with a dietitian, call the NDSS Helpline on **1800 637 700**.
- » Plan your meals for the week, write a shopping list and use it to make sure you buy all the ingredients you need.
- » Bulk-buy foods such as bread or meat and freeze smaller portions that you can thaw and use to cook meals for one or two people.
- » Buy several ready-to-eat, reduced-salt meals that you can store in the freezer and use if you get sick or do not feel like cooking.
- » Shop with a friend or relative or check if your local shop offers home delivery.
- » If you need assistance with shopping and/or cooking, call My Aged Care on **1800 200 422** or go to the My Aged Care website at myagedcare.gov.au. This website also has up-to-date information about aged care services in your local area and ideas on how to be active and healthy.

Cooking for one or two

There are some tricks to cooking for just one or two people, including cooking smaller or simpler meals, or cooking full-size meals and freezing some portions. Here are some tips:

- » Make every meal straightforward. Cooking does not have to be time-consuming or complicated – keep it simple and nutritious.
- » If you are not confident with cooking, ask a friend or relative for basic cooking tips. If you can learn how to cook a simple soup, meat or vegetable dish, you will have enough skills to try cooking a range of simple recipes.
- » Make one-dish meals such as our Salmon pasta for one' (see our 'Recipes' section).
- » Try a 'meat and three-veg' approach to meals. Visit your local butcher for ready-made meat products such as chicken parmigiana or steaks, and then serve them with boiled or mashed potatoes and steamed or microwaved vegetables (such as carrots, peas or broccoli). Buy frozen mixed vegetables and store in freezer. Simply heat as per the directions and serve with meat.
- » Turn a simple snack into a nutritious light meal, such as baked beans or tomato and cheese on toast, or soup with wholegrain toast.
- » Take turns to prepare and share meals with family and friends.
- » Cook a big batch and freeze single portions. For example, make a casserole from fresh ingredients and then freeze leftovers into single serves in takeaway containers or zip-lock bags (but remember to label and date them).
- » If you do not want to have leftovers, halve the measurements in your favourite recipe to reduce waste. The following table will help you.



When a recipe calls for	To halve it, use
$\frac{1}{4}$ cup	1 tablespoon plus 2 teaspoons
$\frac{1}{3}$ cup	2 tablespoons
$\frac{1}{2}$ cup	$\frac{1}{4}$ cup
$\frac{2}{3}$ cup	$\frac{1}{3}$ cup
$\frac{3}{4}$ cup	4 tablespoons plus 3 teaspoons
1 tablespoon	2 teaspoons
1 teaspoon	$\frac{1}{2}$ teaspoon
$\frac{1}{2}$ teaspoon	$\frac{1}{4}$ teaspoon

Note: If you halve a recipe, it may cook more quickly, so check on your meal 10 minutes earlier than the original recipe says.

If you find cooking difficult, consider getting Meals on Wheels. Visit mealsonwheels.org.au for your local Meals on Wheels contact number.

If you get Meals on Wheels try not to split the meals by having half at lunch and half at dinner, as this may not provide you with the nutrition you need.



Recipes



Butternut pumpkin soup

SERVES: 4 | PREP + COOK TIME: 35 MINUTES

Cooking for one? This soup will keep in the fridge for several days or freeze individual portions and defrost as needed.

INGREDIENTS

- 1 teaspoon olive oil
- 1 small leek (200 g), sliced thinly
- 1 clove garlic, crushed
- 1 teaspoon ground cumin
- 1/2 teaspoon ground coriander
- 1 kg butternut pumpkin, peeled and chopped coarsely
- 1 large potato (300 g), chopped coarsely
- 250 ml salt-reduced chicken stock
- 750 ml water
- 2 teaspoons fresh thyme leaves
- 8 slices (360 g) soy-linseed bread, toasted

METHOD

1. Heat oil in large saucepan. Add leek and garlic. Stir and cook until leek is tender. Add spices. Stir and cook until fragrant.
2. Add pumpkin, potato, stock and the water to pan, and bring to the boil. Reduce heat and simmer for about 20 minutes or until the vegetables are tender. Cool 10 minutes.
3. Blend or process mixture, in batches, until smooth. Return mixture to pan and stir until hot. Sprinkle soup with thyme and serve with toast.

NUTRITION INFORMATION PER SERVE

Energy	1559 kJ	Protein	16.6 g
Total fat	4.4 g	Fibre	11.5 g
Saturated fat	0.7 g	Sodium	377 mg
Carbohydrate	59.6 g		

ACKNOWLEDGMENT

Recipe: Australian Women's Weekly Cooking for Diabetes cookbook.
Photographer: Stuart Scott



Salmon pasta for one

SERVES 1 | PREP + COOK TIME: 15 MINUTES

INGREDIENTS

90 g spaghetti or other dried pasta

1/2 cup frozen peas

100 g smoked salmon cut into pieces

1 tablespoon olive oil

Dill and basil leaves, chopped (optional)

1 tablespoon grated parmesan

1 handful of rocket or baby spinach

METHOD

1. Cook pasta according to packet directions and drain.
 2. Microwave peas for 2 minutes or until cooked through and drain.
 3. Toss pasta with salmon, peas, and herbs (if using). Mix olive oil through. Top with parmesan and serve with rocket or baby spinach.
- » Note: This dish is also delicious with pan-fried fresh salmon, tinned salmon or tuna or shredded chicken (available from the deli section at major supermarkets).

NUTRITION INFORMATION PER SERVE

Energy	1576 kJ
Carbohydrate	59.0 g
Protein	34.4 g
Total fat	26.4 g
Saturated fat	6.6 g
Fibre	6.8 g
Sodium	400 mg



Pepper beef stir-fry with brussels sprouts

SERVES 4 | PREP + COOK TIME: 35 MINUTES

INGREDIENTS

- 1 tablespoon peanut oil
- 200 g brussels sprouts, halved
- 80 ml water
- 1 medium red capsicum (200 g), sliced thinly
- 3 green onions, sliced thickly
- 4 cloves garlic, sliced thinly
- 250 g beef rump steak, trimmed, cut into 1cm slices
- 100 g roughly chopped bok choy leaves
- 1½ tablespoons hoisin sauce
- 1 tablespoon water, extra
- ½ teaspoon freshly ground black pepper
- 250 g packet of microwave brown rice
OR ¾ cup uncooked brown rice

NUTRITION INFORMATION PER SERVE

Energy	2307 kJ	Saturated fat.....	4.7 g
Carbohydrate	52.5 mg	Protein	38.6 g
Exchanges	3.5	Fibre	12.7 g
Total fat.....	17.8 g	Sodium	388 mg

METHOD

1. Heat one teaspoon of the oil in a wok over high heat and stir-fry brussels sprouts for four minutes or until browned lightly. Add the water and cook, covered, over medium heat, for five minutes or until bright green and just tender. Remove from pan and cover to keep warm.
 2. Wipe wok clean. Heat one teaspoon of the oil over high heat and stir-fry capsicum and onion for three minutes or until browned lightly. Add garlic and stir-fry for one minute. Add mixture to brussels sprouts and cover to keep warm.
 3. Wipe wok clean. Heat remaining oil over high heat and stir-fry beef, in two batches, for one minute or until browned. Return vegetables to wok with bok choy, sauce, extra water and pepper and stir-fry one minute or until hot.
 4. Serve stir-fry with brown rice.
- » Tip: To cook your rice you will need to boil ¾ cup of brown rice in water for about 25 minutes or until tender and drain. Don't cut the beef into thin strips or it will overcook and become tough. You could make this stir-fry with lamb instead of beef.

ACKNOWLEDGMENT

Recipe: The Australian Women's Weekly Cooking for Diabetes cookbook.

Pistachio and raspberry muffins

SERVES 12 (1 PER SERVE) | PREP + COOK TIME: 40 MINS

INGREDIENTS

- 1/2 cup shelled pistachios(70 g)
- 1 cup plain flour(120 g)
- 1/3 cup wholemeal flour (40 g)
- 1 teaspoon cinnamon
- 1 teaspoon baking soda
- 2 eggs
- 1 cup mashed banana (220 g)
- 2 tablespoons honey
- 1/2 cup milk (125 ml)
- 1/4 cup olive oil (60 ml)
- 1 teaspoon lemon juice
- 1/4 cup shelled pistachios (35 g)
- 1 1/2 cups frozen or fresh raspberries (150 g)

METHOD

1. Pre-heat oven to 175°C and line 12 x muffin tray with muffin liners or spray with cooking spray.
2. Add 1/2 cup pistachios to a food processor and blend into crumbs. Add to a mixing bowl along with the remaining dry ingredients. Mix and set aside.
3. In a separate bowl whisk the eggs and add the remaining wet ingredients. Mix until combined.
4. Add the remaining pistachios to a food processor and blend until roughly chopped.
5. Add the dry ingredients to the wet, reserving a tablespoon, and stir until just combined. Coat the raspberries in the reserved dry ingredient mixture and gently fold into the batter.
6. Divide the batter evenly between the 12 muffin cups. Sprinkle the tops of the muffins with the chopped pistachios and bake for 23–25 minutes, or until the muffins are golden on top and a toothpick inserted comes out clean.
7. Place the muffins on a cooling rack to cool.

ACKNOWLEDGMENT

Recipe by Amy Whiteford for Nuts for Life nutsforlife.com.au

NUTRITION INFORMATION PER SERVE (1 MUFFIN PER SERVE)

Energy	834 kJ	Total fat	10.4 g
Carbohydrate	20 g	Saturated fat	1.7g
Exchanges	1.5	Fibre	2.9 g
Protein	5.2 g	Sodium	92.5mg



High-protein milk

SERVES 1 | PREP TIME: 2 MINUTES

INGREDIENTS

250 ml (1 cup) full-cream milk

2 tablespoons full-cream milk powder

METHOD

1. Add milk powder to cup of milk and stir thoroughly. Use in coffee, tea, cereal, smoothies etc.

NUTRITION PER SERVE

Energy	1073 kJ
Carbohydrate	22.4 g
Protein	12.9 g
Total fat	13.2 g
Saturated fat	8.6 g
Fibre	0 g
Sodium	145 mg



Energy protein smoothie

SERVES 2 | PREP TIME: 5 MINUTES

INGREDIENTS

3/4 cup full-cream milk

2 tablespoons full-cream milk powder

1/2 cup Greek yoghurt, plain

1 banana

METHOD

1. Combine all ingredients in a blender and blend on high for one minute until smooth

NUTRITION PER SERVE

Energy	829 kJ
Protein	9 g
Carbohydrate	23.5 mg
Total fat	7 g
Saturated fat	4.3 g
Fibre	1 g
Sodium	90 mg

For those who do not have dairy foods, try making both these recipes with a fortified non – dairy milk (soy, rice, oat, etc.) and a rice or pea-protein powder.

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