

Choosing healthy foods



This information sheet will help you to:

- Know what food you can eat to help your diabetes.
- Develop healthy eating habits.

Eating the right types and amounts of foods will help you stay healthy. Making healthy food choices can help to:



Keep cholesterol and blood pressure numbers down



Get to and stay a healthy weight



Keep your blood glucose numbers in range

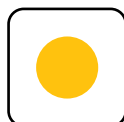
Healthy food traffic light

You can use the traffic light colours to help you to remember which foods are healthier for you to eat.



Green light foods

= GO... Eat/drink most of the time



Amber light foods

= Get ready to stop... Eat/drink sometimes



Red lights foods

= STOP... Eat/drink only for special occasions like parties, birthdays, Christmas



Foods you can eat and drink most of the time



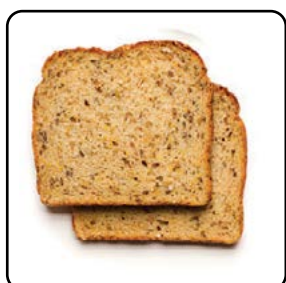
fresh fruit



canned fruit
(in juice)



low fat yoghurt, milk
and cheese



wholegrain bread



wholegrain cereals



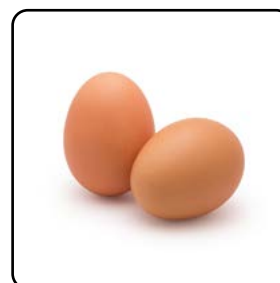
wholegrain rice,
noodles, pasta



nuts and seeds



lean meat,
chicken (skin off) and fish



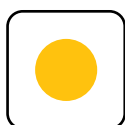
eggs



water



vegetables



Foods you can eat and drink sometimes in small amounts



small glass of
fruit juice



diet soft drinks



crackers



low fat
mayonnaise



tomato sauce



yoghurt, milk and
cheese (full fat)



peanut butter



oil



margarine



Foods you can eat for special occasions only



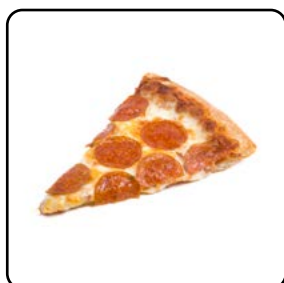
ice cream



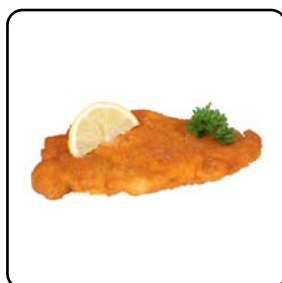
chocolate and lollies



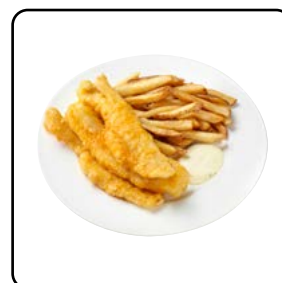
sweet biscuits and muesli bars



pizza



schnitzel



fried fish and chips



hamburger



sausage rolls, pies and pasties



soft drinks



potato chips



cakes and muffins



doughnuts
sweet slices



How to have a healthy plate

1. Put your vegetables on first. Choose at least three different types of vegetables. This can fill up half of the plate.
2. Add lean protein. Choose from chicken (without skin), fish, tofu, or red meat that is lower in fat. This can fill a quarter of the plate.
3. Add some carbohydrate foods like rice, noodles, pasta, sweet potato or a wholegrain bread roll. This can fill a quarter of the plate.

1. Fill half your plate with vegetables or salad

2. Add a serve of lean meat



3. Add a serve of carbohydrate



Healthy eating habits

Changing to healthier eating habits can make a big difference to your weight, blood glucose numbers and overall health.

Try these small changes:



1. Sit at a table to eat your meals. This helps you become more aware of the food you eat to stop over-eating.



2. Change from soft drink to water, try adding a slice of lemon.



3. Cut up fresh vegetables and put them in the fridge for healthy snacks.



4. Cut up fresh fruit to eat for dessert. Top with some low-fat yoghurt.



5. A smaller plate size can help you to eat the right amount of food for your body.



6. Keep a record of what you eat and drink.



Want to know more about choosing healthy foods?

To learn more about choosing healthy foods for diabetes speak to a dietitian. Ask your doctor for a referral.



Want to know more about diabetes?

Visit ndss.com.au where you can find videos on how to manage diabetes.

Video 1: What is diabetes?

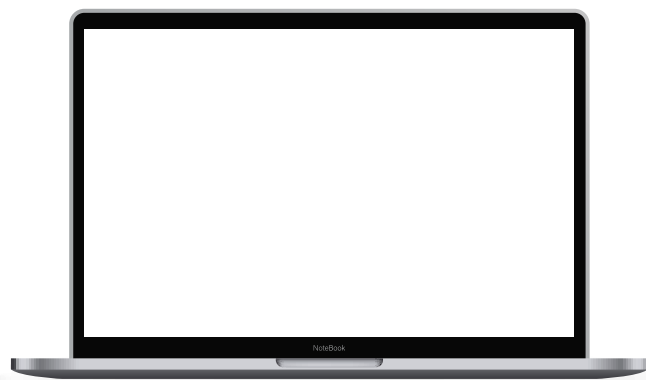
Video 2: Your diabetes team

Video 3: Caring for my body

Video 4: Preventing other health problems

Video 5: Medications to help my diabetes

You can also call the NDSS Helpline on [1800 637 700](tel:1800637700)



Looking for healthy recipes?

You can find recipes at:

diabetesaustralia.com.au/recipes

foodbank.org.au

This information is intended as a guide only. It should not replace individual medical advice. If you have any concerns about your health, or further questions, you should contact your health professional.