



## FACT SHEET:

# Healthy meal ideas

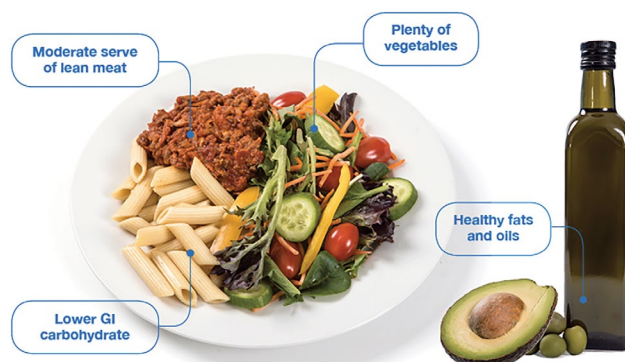
Nutritious meals are important for good health. The right balance of healthy foods can help you manage your diabetes and weight.

## Preparing a healthy meal

When planning what to eat, it is important to eat a wide variety of nutritious foods in the right amounts.

As a general guide for each meal of lunch or dinner:

- Fill ½ of a standard dinner plate (25 cm) with a variety of non-starchy vegetables or salad.
- Fill ¼ of your plate with a lean protein source. Examples include lean meat such as beef, lamb and pork, skinless poultry such as chicken and turkey, fish or seafood, tofu, tempeh, legumes or eggs.
- Fill ¼ of your plate, or about the size of your fist, with a nutritious carbohydrate (carb) food that has a low glycemic index (GI). Examples include wholegrain or legume pasta, brown basmati or Doongara™ rice, quinoa, barley, freekeh, soba (buckwheat) or mung bean noodles, legumes, corn, low-GI potato or sweet potato.



Include some healthy fats and oils as part of a balanced diet. These include avocado, unsalted nuts and seeds, and oils such as olive oil.

## Healthy meal ideas

The following ideas can help you plan meals that include a variety of nutritious foods. The amounts shown here are the suggested serving sizes for one adult. They are a guide only, you may need to adjust them to suit your own nutritional needs.

### Breakfast ideas

- Smoothie made with 1 cup low-fat milk or calcium-fortified soy milk, ½ cup low-fat natural yoghurt and 1 cup frozen mixed berries
- 2 slices wholegrain toast served with 1 poached egg, grilled tomato and asparagus
- Porridge made from ⅓ cup traditional rolled oats, 1 stewed, grated or finely chopped small red apple, a sprinkle of cinnamon and ½ cup low-fat milk or calcium-fortified soymilk
- 1 slice wholegrain toast spread with natural nut butter and topped with 1 small sliced banana
- 150-200 grams (g) low-fat natural yoghurt topped with ¼ cup untoasted muesli and ½ cup berries
- 2 small slices wholegrain sourdough toast served with ¼ avocado, 1 soft-boiled egg, sautéed baby spinach and mushrooms
- ½ cup reduced-salt baked beans served on 1 slice wholegrain toast with grilled tomato
- 1 cup fresh fruit salad topped with 100g low-fat natural yoghurt and 30 g mixed nuts and seeds.

### Lunch ideas

- Half a cup reduced-salt baked beans served on 1 slice wholegrain toast and 1 cup green salad
- 1 small wholegrain roll filled with 2 boiled eggs mashed with natural yoghurt and chives, lettuce, grated carrot and tomato
- 1 wholemeal pita pocket spread with ¼ small avocado and filled with 50 g shredded BBQ chicken (skinless), shredded lettuce, grated carrot, 1 diced tomato, capsicum and cucumber
- Salad: ¾ cup canned and drained lentils, ½ cup low-fat fresh ricotta, ⅓ cup roasted pumpkin, ⅓ cup cooked quinoa, diced cucumber, baby spinach, fresh mint, 30 g walnuts, and olive oil and balsamic vinegar dressing
- Bowl of home-made minestrone soup with 1 slice of wholegrain toast
- Salad: ¾ cup pearl barley, 100 g tinned salmon, 2 cups mixed salad and lemon juice and olive oil dressing
- 1 wholegrain reduced-salt wrap spread with hummus and filled with 2-3 falafel, lettuce, tomato, grated carrot and cucumber



- Salad: 100 g canned tuna, 1 cup cooked spiral pasta, cherry tomatoes, red onion, diced capsicum, and olive oil vinaigrette
- 1 black or brown rice sushi roll filled with salmon, tuna, tofu or vegetables, and a cup of edamame beans
- Soup: 100 g shredded chicken or cubed firm tofu, 1 cup cooked soba noodles, Asian-style green vegetables made with a salt-reduced stock.

### Dinner ideas

- 100 g chicken breast pan-fried with olive oil, no-added-salt tinned tomatoes, fresh herbs and spices, 1½ cups mixed vegetables served with ⅔ cup cooked pearl or Israeli couscous
- 100 g salmon baked in the oven, served with ⅔ cup cooked quinoa, 2 cups garden salad with olive oil and vinegar dressing
- 100 g lean pork stir-fried with sesame oil, fresh herbs and spices, 1½ cups mixed vegetables and 30 g unsalted cashews, served with ⅔ cup cooked low-GI brown rice
- Homemade lentil and vegetable soup served with a small grainy roll
- 100 g prawn or seafood cooked with garlic, olive oil, cherry tomatoes and garnished with parsley, served with 1 cup cooked spaghetti and 2 cups garden salad with olive oil vinaigrette
- 100 g lean steak, pan-fried with spray oil, served with 1 medium low-GI potato steamed in the jacket, 1 medium corn cob and 1½ cups steamed green vegetables with lemon juice and pepper
- 100 g lean stir-fried lamb strips served in ½ wholemeal Lebanese flat bread with sliced tomato, cucumber, onion, 1 cup tabouleh and 2 tablespoons hummus
- ¾ cup bean chilli con carne, served with ½ cup cooked low-GI brown rice, ¼ avocado and 2 cups green salad

- 170 g firm tofu stir-fried with fresh herbs and spices, 1½ cups mixed Asian green vegetables and slivered almonds, served with ⅔ cup cooked low-GI brown rice
- 100 g lean beef bolognese sauce (made with no-added-salt tinned tomatoes, carrot, onion and garlic) served with 1 cup cooked wholemeal pasta and 2 cups green salad with olive oil dressing.

### Adding flavour to meals

- Use herbs such as parsley, chives, basil, coriander, mint, sage, thyme, oregano, tarragon and marjoram.
- Add spices such as cumin, turmeric or curry powder.
- Include vegetables such as garlic, onion and leeks.
- Use condiments such as lemon or lime juice and vinegar.

### What to drink

It is important to stay hydrated throughout the day. Water is the best drink, but alternatives include:

- mineral or soda water flavoured with sliced lemon or lime, frozen berries, cucumber and fresh mint
- black/oolong/green/herbal tea
- coffee or decaffeinated coffee with skim or low-fat milk or calcium-fortified unsweetened plant milk.

You can use diet cordial or diet soft drink to add occasional variety without extra sugar or kilojoules.



## More information and support

- Go to [ndss.com.au](http://ndss.com.au) to search for the 'Glycemic index', 'Understanding food labels', 'Alternative sweetener', 'Alcohol' and other fact sheets.
- Go to [ndss.com.au](http://ndss.com.au) to access the Carb Counting program online and other NDSS programs and services in your state or territory, or online.
- Go to [dietitiansaustralia.org.au](http://dietitiansaustralia.org.au) to find a dietitian or call Dietitians Australia on **1800 812 942**.



## Top tips

- Nutritious meals are important for good health. The right balance of healthy foods can help you manage your diabetes.
- You may need to adjust serving sizes according to your own nutritional requirements.
- Speak to a dietitian about the best food choices for your individual needs, including healthy meals ideas and recipes suitable for the whole family. A dietitian can advise you on whether you need snacks in your diet and the best choices to make.

## Notes

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# The NDSS and you

Whether you have just been diagnosed with diabetes, or have been living with diabetes for a while, the NDSS provides a range of support services, information, and subsidised products to help you manage your diabetes, stay healthy and live well. For access to more resources (including translated versions), or to find out more about support services, go to **ndss.com.au** or call the NDSS Helpline on **1800 637 700**.