



FACT SHEET:

Healthy meal ideas

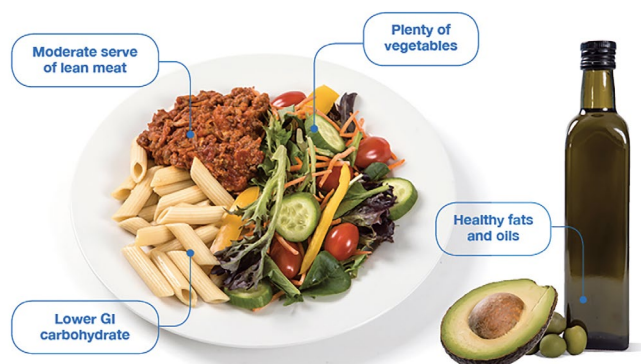
Nutritious meals are important for good health. The right balance of healthy foods can help you manage your diabetes and weight.

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.

