

## Eat Freely...

Free foods add variety without raising blood glucose levels. Choose a selection of vegetables daily – eat plenty.

For example:

Asparagus	Mushroom
Beetroot	Onion
Broccoli	Parsley
Brussel sprouts	Peas
Butter beans	Peppers
Cabbage	Puha
Carrot	Pumpkin
Cauliflower	Radish
Celery	Silverbeet
Choko	Snowpeas
Cucumber	Spinach
Egg plant	Spring onion
Green beans	Swede
Kamo kamo	Taro leaves
Leeks	Tomato
Lettuce	Watercress
Marrow	Zucchini

## Eat Regularly...

### Carbohydrate (starchy foods)

Have a similar amount at each meal to keep blood glucose levels even. Eating too much will raise your blood glucose levels. Select wholemeal or wholegrain products, eg oat, rye, barley or wheatbran

Bread, bread rolls  
Pita bread, crackers  
Crispbreads, muffins  
Scones, cabin bread  
Roti, chapatti  
Dried beans, baked beans, split peas, lentils  
Rice, noodles, pasta, spaghetti  
Kumara, potato, corn, parsnip  
Yam, breadfruit, taro, tapioca  
Green banana (cooking)  
Porridge, breakfast cereal (low sugar)  
Fruit – raw, stewed or canned (without sugar or syrup)  
2 - 3 average sized fruits

## For balanced and healthy eating, also include...

### Protein foods

Choose a small serving at 1 or 2 meals per day  
Meat, with fat cut off, chicken without skin  
Fish & seafood, egg  
Dried beans, split peas, lentils (eg, baked beans, bean salad)

### Low fat dairy products

Choose 2-3 servings per day  
Milk or soya milk  
Yoghurt (unsweetened or 'Diet'/'Lite')  
Cottage cheese,  
other low fat cheese

### Fats

Use in small amounts.  
Margarine, peanut butter  
Oil – eg olive, canola, peanut, soya  
Nuts (dry roasted)  
Avocado

## Limit...

### Too much sugar

Foods with too much sugar add extra carbohydrate to your diet and raise blood glucose levels

### Sugar – all types

Jam, marmalade, honey  
Treacle, golden syrup  
Lollies, chocolate, carob  
Sweetened condensed milk  
Sweetened fruit  
Jelly, ice cream  
Puddings & desserts  
Cakes & biscuits  
Muesli bars  
Cordials  
Powdered fruit drinks  
Iced tea drinks  
Some flavoured coffee & milk  
Fizzy drinks, flavoured mineral water

Fruit juice (including 'no added sugar' varieties)  
Energy drinks

### Too much fat

Too much saturated fat increases the risk of heart disease  
Too much fat increases energy intake and contributes to weight gain

Deep fried foods and fatty snacks  
Fatty meat, eg salami, sausage, canned corned beef  
Saveloys, luncheon sausage, fatty bacon  
Pies, pastries, croissants  
High fat biscuits, crackers and cakes  
High fat savouries, eg sausage rolls  
Potato chips  
Cream, coconut cream, cream cheese, sour cream  
Mayonnaise, salad dressing  
Dripping, lard, suet, Chefade, Kremelta, butter  
High fat takeaways

### Add variety to your diet with...

Herbs, spices, garlic  
Marmite/Vegemite  
Low calorie or  
'Lite' salad dressing  
Artificial sweeteners  
'Diet' jelly  
Vinegar  
Worcester sauce  
Soy sauce, tomato  
sauce or paste  
Lemon, rhubarb

### What to drink?

Aim for 6-8 cups of liquid per day  
Water  
Tea, coffee  
Clear soup  
'Diet' or low calorie drinks or soda water

**This is a basic guide to the sort of foods people with diabetes should include in their diet.**

**There is a lot more to learn about healthy eating. Contact a dietitian for more advice on your own personal eating plan.**

## Eating Tips...

- Have 3 meals of similar size each day.
- Include wholegrain breads, cereals, vegetables and fruit daily. Use dried beans, split peas or lentils often.
- Use only a scraping of margarine or peanut butter on bread, or try low fat spreads.
- Cook without fat – steam, boil, bake, microwave, grill – or stirfry in water, stock, or a wipe or spray of oil.
- If you use coconut cream use only a little, and dilute with water or low fat milk.
- Use very little salt in cooking and avoid it at the table.
- Fill up on vegetables from the 'Eat Freely' list.
- Alcohol can affect the control of your diabetes. It is high in calories. Discuss with your dietitian or doctor.
- If overweight aim to lose weight slowly.
- ACTIVITY/EXERCISE ARE VERY IMPORTANT. Aim for 30 minutes per day. Walking is great exercise.

### Important!

**Eating at regular times is especially important if you are taking tablets or insulin for your diabetes.**

## Sample Meal Outline...

### Breakfast

1 fruit, raw or unsweetened, and/or yoghurt and/or breakfast cereal/porridge and/or wholegrain bread/toast with a scraping of margarine or peanut butter, Vegemite, Marmite, tomato, or 'Diet' spread  
Tea or Coffee (no sugar)

### Lunch

Soup (optional)  
Vegetables from 'Eat Freely' list  
Wholegrain bread, rolls or crispbread or choice from carbohydrate list  
Scraping of margarine or low fat spread  
Lean meat or fish or egg or chicken or

low fat cheese or dried beans – small serving and/or yoghurt  
1 fruit, raw or unsweetened  
Tea or coffee (no sugar)

### Evening meal

Soup (optional)  
Lean meat or fish or chicken – small serving (no fat, crumbs, or batter)  
Potato or kumara or rice or pasta or noodles or roti or chapatti or green banana (cooking) or taro – average serving  
Selection of other vegetables  
1 fruit, raw or unsweetened  
Tea or coffee (no sugar)

**As a guide for your evening meal have your plate covered with:  
HALF Vegetables  
QUARTER Meat and meat alternatives  
QUARTER Carbohydrate**

### Between meals...

Water, tea, coffee or low calorie drinks

If required, choose a small snack such as –  
2 crispbread or 2 crackers or  
1 fruit or 1 yoghurt or  
1 small glass of milk  
or 1 thin slice or bread.

The need for snacks will depend on weight, medication and individual diabetes goals. If you are unsure, consult your dietitian.

### Other brochures and booklets available:

- It's Time to Shed Some Light on Diabetes
- Living With Diabetes and Insulin
- New Zealand Supermarket Shopping Guide
- Cardiovascular risk and Diabetes
- Testing Your Blood Glucose
- Fit for Life
- Diabetes and Kidney Disease
- Diabetes and Your Eyes
- Footcare

# A BASIC GUIDE TO FOOD

## FOR PEOPLE WITH DIABETES

This pamphlet is compiled by Diabetes New Zealand in consultation with members of the NZ Dietetic Association.

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