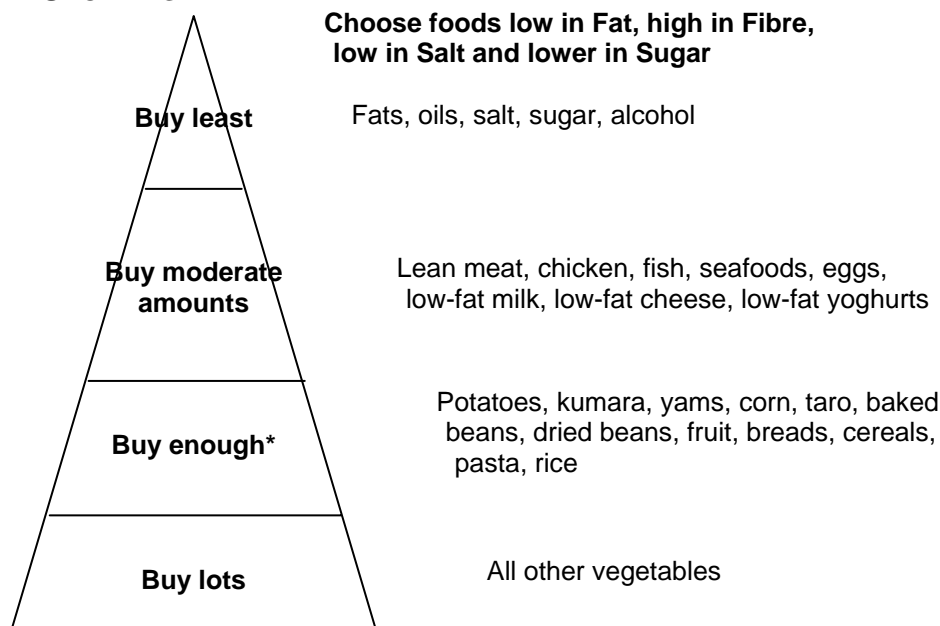


# MAKING HEALTHY FOOD CHOICES

October 2002

The following recommendations are for all people trying to control their weight, reduce their risk of diabetes and other diet-related diseases, such as heart disease, and for people with diabetes. The recommendations have been sourced from Diabetes New Zealand's *Supermarket Shopping Guide*, which has been compiled by dietitians from the NZ Dietetic Association's Diabetes Special Interest Group.

## THE HEALTHY SHOPPING PYRAMID



- Buy enough to provide your body with the energy it needs, but not too much as they could raise your blood glucose.

## SOME IMPORTANT FACTS

- Most **bread**s are low in fat.
- The small amount of sugar in **bread** will not upset blood glucose control.
- **Cereals** with up to 15g sugar per 100 grams are suitable if fibre content is 6 grams or more per 100 grams.
- Some **cereals** are high in salt (sodium) so check the nutrition information panel.
- Some **cereals** are high in fat, so check the nutrition information panel.
- Eat smaller amounts of **cereals** that have higher levels of sugar.
- **Rice** and **pasta** are a healthy source of carbohydrate and are low in fat.
- **Fruit** and vegetables are low in fat and good sources of fibre.
- Fruit juices are not high in fibre.
- 'No Added Sugar' **fruit juices** are still high in natural sugar.
- **Dried fruits** are concentrated carbohydrates.
- Legumes such as **peas, beans and lentils** help control blood glucose and may lower cholesterol levels.
- **Legumes** are a good source of fibre.

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- **Meat** is high in saturated fats. **Tinned meats** may also be high in salt (sodium).
- **Eggs** are a good source of protein.
- If your blood cholesterol is high check with your dietitian about how many **eggs** you should be eating.
- **Low fat milks** and **yoghurts** are high in calcium.
- Too much **fat** leads to weight gain.
- **Nuts and seeds** are high in fat so eat small amounts.
- **Coconut and coconut cream** are high in fat and should be used in small amounts.
- **Honey** has the same amount of sugar as ordinary jams and golden syrup.
- **Vegemite and marmite** are high in salt.
- Ask you doctor about **alcohol** consumption. Limit to 0-3 standard drinks per day for men, and 0-2 standard drinks per day for woman.
- Iced, chocolate and cream filled **biscuits and cakes** are high in sugar and fat.
- Some **crackers** are high in salt (sodium) – check the nutrition information panel.
- Choose **crackers and biscuits** that contain less than 10 grams fat per 100 grams.
- **Artificial sweeteners** have no affect on blood glucose levels.
- **Aspartame** sweeteners lose their sweetness when heated.
- **Aspartame and sucralose** sweeteners are the only sweeteners recommended for pregnancy.
- Sweeteners such as **sorbitol or fructose** (found in jams and 'diabetic' sweets) can cause cramps and diarrhoea if eaten in large amounts.

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