

Foods to try and avoid

- Watch croissants, garlic and cheese breads, and danish parties because they are high in fat.
- Try and avoid adding fat to your bread or crackers in the form of margarine, butter, cheese, dressings, spreads and fatty meats.
- Be careful what sauces you add to pasta or rice – keep them low in fat.
- Some instant noodles contain palm oil, which is a saturated fat and should be avoided.
- Try and avoid fried rice because it is high in fat.
- Remember, fruit juices are still high in natural sugar.
- Dried fruits are concentrated carbohydrates so eat small amounts.
- Check the salt (sodium) content of canned vegetables or seasoned frozen vegetables.
- Watch instant, packet or tinned soups because many are high in salt (sodium).
- Many bought stocks and stock powders are high in salt (sodium) so use sparingly.
- Sausages, saveloys, luncheon sausage, bacon, pork bones, brisket and salami are high in fat and salt (sodium). Try low fat varieties.
- Tinned meats can be high in salt (sodium) so read the nutrition information panel.
- Watch smoked fish because it is higher in salt (sodium).
- Avoid adding cheese or sour cream to chilli beans, or choose reduced fat varieties or reduce quantities used.
- Remove skin from chicken before cooking or eating.
- Watch crumbed and fried chicken, and chicken nuggets as they are high in fat and salt.
- Watch your egg consumption if you have high cholesterol.
- Take care with cheddar, cream and soft cheese because they are high in fat.
- Avoid animal fats and saturated fats, such as butter, ghee, dripping, lard, Chefade, Kremelta, palm oil, and coconut cream.
- Try and avoid chocolate and nut spreads as they are high in fat and sugar.
- Avoid most dressings, sauces and pickles because they are often high in salt (sodium).
- Be aware that sodas and 'fizzy' drinks are usually high in sugar.
- Iced, chocolate and cream filled biscuits and cakes because they are high in sugar and fat.
- Bought muffins because they are often high in fat.
- Watch lollies and sweets because they can raise blood sugar levels.
- Try and avoid chocolate and carob because it is high in fat and sugar.

- Potato chips, corn chips, fried snacks should be avoided because they are high in fat and salt (sodium).
- Pies and pastries are high in fat.
- Try and avoid reduced cream or sour cream dips because they are high in fat.
- Muesli bars can be high in sugar, even when low in fat.
- Watch the fat content of 'diabetic' chocolates and sweets – it can be higher than you think.

A lot of terms are used in nutrition. We have prepared a list that explains what many of these [nutrition terms](#) mean.

These 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.

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