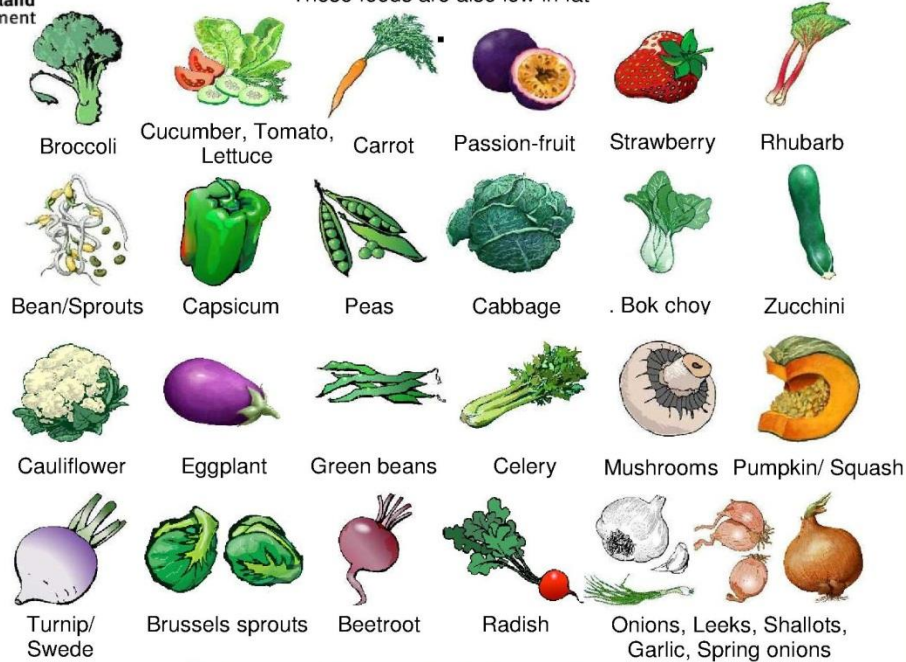




Foods with little or no Carbohydrate

Fruits and Vegetables

These foods are also low in fat



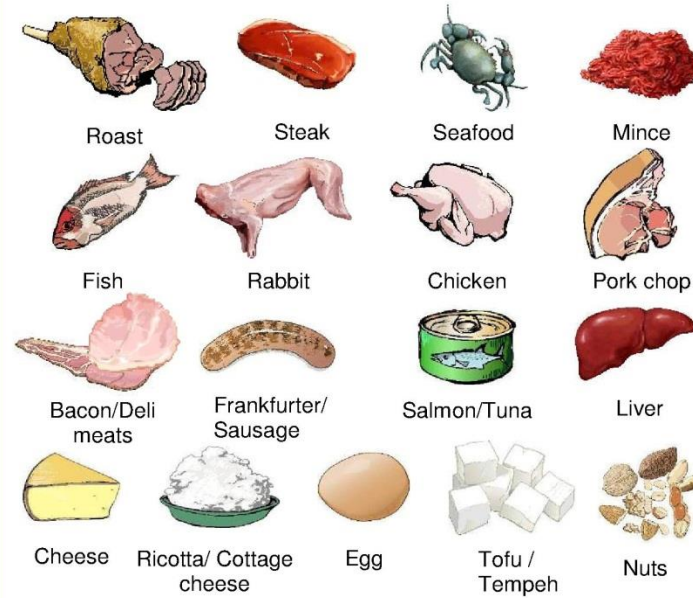
Flavourings, Drinks, Condiments

These foods are also low in fat



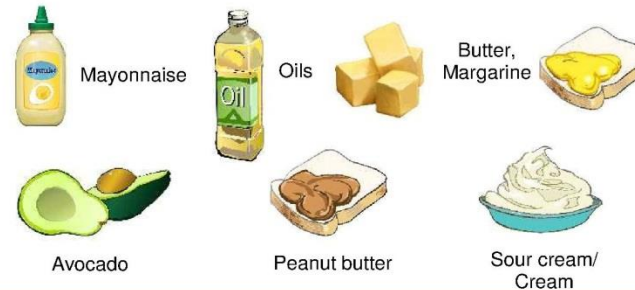
Protein Foods

Trim the fat off meat and chicken



Added Fats

Use only small amounts and choose mono- or poly- unsaturated oils & spreads





Daily Meal Guide

Discuss this guide with your Dietitian.
 Do not skip meals.





Breakfast	___ CPs
Snack	___ CPs
Lunch	___ CPs
Snack	___ CPs
Tea/Dinner	___ CPs
Snack	___ CPs

Things I can do to improve my diabetes-






Carbohydrate Foods (15g portion/exchange)

1 Carbohydrate portion/exchange (CP) = 15 g carbohydrate
 Measure and weigh your food. Read labels. Brands vary.

Dairy food (except cheese/cream)

					
1 cup (250ml) milk/low fat milk	½ cup (150ml) flavoured milk	½ tub flavoured yoghurt (100 g) (check label)	1 200g tub diet/natural yoghurt (check label)	½ cup custard (150g)	1 large scoop ice-cream (130 ml, 50g)

Fruit and Fruit Juice

					
1 medium apple/orange/pear (160 – 175g)	3 small apricots	1 small (120g) banana	20 grapes/cherries	¾ cup ~150g fruit salad	150 ml fruit juice





Starchy vegetables

					
½ cup boiled/100g raw sweet potato	1 raw medium (120g)/½ cup mashed potato	½ cup boiled/65g raw taro	½ cup boiled/50 g raw cassava	½ cup corn kernels, medium cob	½ cup baked beans/kidney beans/lentils

Cereals and Grains

				
3 cruskits/ 4 vita-weat/ 1-2 plain biscuits (check label)	1 slice bread (35g)	½ - ½ cup cereal, (check label) 1 ½ weet bix	¼ - ½ cup cooked rice (½ cup raw rice = 5 CP)	⅓ - ½ cup cooked pasta (100g raw pasta = 4½ CP)

Extras

			
12 regular-sized hot chips	6 squares plain milk chocolate (30g)	150ml soft drink	3 tsp honey/sugar