

# Healthy

## eating guide

Healthy eating for people with diabetes is no different to that which is recommended for everyone. There is no need for separate meals or special foods, so relax and enjoy healthy eating along with the whole family!

### 7 day menu plan

This meal plan has been designed as a basic guide to healthy eating. We recommend that you **see an Accredited Practising Dietitian for more specific advice** about what's right for you.

**Snacking between meals:** The need to snack often depends on body weight, level of activity and medication so it's important to discuss this with your dietitian, diabetes educator or doctor. If this is the advice you are given, suitable snacks are fruit, low-fat milk, low-fat yoghurt or bread.

	Breakfast	Lunch	Dinner
<b>Mon</b>	<ul style="list-style-type: none"> <li>• 1 cup cooked rolled oats with 1/2 cup low-fat milk OR 2 slices of wholegrain toast spread lightly with unsaturated margarine and Vegemite® or thinly spread jam.</li> <li>• 2 apricots.</li> </ul>	<ul style="list-style-type: none"> <li>• 1/2 cup baked beans.</li> <li>• 2 slices wholegrain toast.</li> <li>• Apple.</li> </ul>	<ul style="list-style-type: none"> <li>• 90-120g lean cold silverside/ham.</li> <li>• Green salad.</li> <li>• 1 jacket potato with 2 tbsps natural yoghurt.</li> <li>• 1 banana.</li> </ul>
<b>Tues</b>	<ul style="list-style-type: none"> <li>• 1/2 cup Whole Wheat Mini Wheats® with 1/2 cup low-fat milk.</li> <li>• 1 slice wholegrain toast with unsaturated margarine and Vegemite® or thinly spread jam.</li> </ul>	<ul style="list-style-type: none"> <li>• 120g salmon, lettuce and onion in wholemeal roll or pita bread.</li> <li>• Orange.</li> </ul>	<ul style="list-style-type: none"> <li>• 90-120g lean pork and vegetable stir fry.</li> <li>• 1 cup cooked rice.</li> <li>• 1 small tub low fat yoghurt.</li> </ul>
<b>Wed</b>	<ul style="list-style-type: none"> <li>• 1 pear.</li> <li>• 2 crumpets with 2 tspns honey.</li> </ul>	<ul style="list-style-type: none"> <li>• 90-120g lean cold meat and tomato in multigrain roll.</li> <li>• Apple.</li> </ul>	<ul style="list-style-type: none"> <li>• 120g can tuna/salmon and vegetables in tomato pasta sauce.</li> <li>• 1 cup cooked pasta.</li> <li>• Baked apple with 2 tbsps low-fat custard or 2 tbsps yoghurt.</li> </ul>
<b>Thur</b>	<ul style="list-style-type: none"> <li>• 1 cup cooked rolled oats with 1/2 cup low-fat milk OR 2 slices wholegrain toast with unsaturated margarine and Vegemite® or thinly spread jam.</li> <li>• 1 banana.</li> </ul>	<ul style="list-style-type: none"> <li>• 120g cottage cheese and salad in 2 slices of multigrain bread.</li> <li>• Orange.</li> </ul>	<ul style="list-style-type: none"> <li>• 90-120g curried chicken breast and vegetables (curry paste/powder and evaporated skim milk added to sauteed chicken &amp; veges).</li> <li>• 1 cup cooked rice.</li> <li>• Unsweetened canned apricots.</li> </ul>

*continued on next page*

## Healthy eating guide continued

Fri	Breakfast	Lunch	Dinner
	<ul style="list-style-type: none"> <li>• 1/2 cup All Bran Fruit &amp; Oats® with 1/2 cup low-fat milk.</li> <li>• 1 slice wholegrain toast with unsaturated margarine and Vegemite® or thinly spread jam.</li> </ul>	<ul style="list-style-type: none"> <li>• 1/2 cup three bean mix and green salad with oil-free dressing.</li> <li>• 4 Vita Weats® with sliced tomato.</li> <li>• Pear.</li> </ul>	<ul style="list-style-type: none"> <li>• 120g grilled tuna steak.</li> <li>• 3 small new season potatoes.</li> <li>• Broccoli.</li> <li>• Carrots.</li> <li>• 1 tub low-fat yoghurt.</li> </ul>
Sat	<ul style="list-style-type: none"> <li>• 1 banana.</li> </ul>		
	<ul style="list-style-type: none"> <li>• 1/2 cup Whole Wheat Mini Wheats® with 1/2 cup low-fat milk.</li> <li>• 1 banana.</li> <li>• 1 slice multigrain bread with unsaturated margarine and cooked tomatoes.</li> </ul>	<ul style="list-style-type: none"> <li>• 1 multigrain bread roll with 40g slice of low-fat cheese and salad.</li> <li>• 1 cup strawberries with 1 cup low-fat yoghurt.</li> </ul>	<ul style="list-style-type: none"> <li>• 200g bolognese sauce (lean minced beef, tomato, capsicum and onion).</li> <li>• 1 1/2 cups cooked pasta.</li> <li>• Green salad.</li> <li>• 1/2 medium rockmelon.</li> </ul>
Sun	<ul style="list-style-type: none"> <li>• 1 poached egg on 2 slices multigrain toast.</li> <li>• Grilled mushroom and tomato.</li> <li>• 1 piece of fruit.</li> </ul>	<ul style="list-style-type: none"> <li>• 120g BBQ chicken (no skin).</li> <li>• Green salad.</li> <li>• Multigrain roll.</li> <li>• Orange.</li> </ul>	<ul style="list-style-type: none"> <li>• Roast lean lamb.</li> <li>• 3 small new season potatoes.</li> <li>• Cauliflower.</li> <li>• Green beans.</li> <li>• Unsweetened can Two-Fruits and 1 tub low-fat yoghurt.</li> </ul>

For further advice about healthy eating refer to Diabetes Australia's *Food Choices For People With Diabetes* information sheet.

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