

Diabetes *fact sheet*

Healthy Eating

There is not a special diet for those with pre diabetes or diabetes to follow. It is simply maintaining a healthy eating plan. The Australian Guidelines for Healthy Eating will assist you. Eat a wide variety from each food group each day and limit extra foods and total fat intake. Doing this will help you to feel good and maintain good health.

Age between 19-60	Women	Men
1. Breads, cereals, rice, pasta and noodles	4-6 serves	5-7 serves
2. Vegetables and legumes	5-7 serves	6-8 serves
3. Fruit	2-3 serves	3-4 serves
4. Milk, yogurt and cheese	2-3 serves	2-4 serves
5. Meat, fish, poultry, eggs, nuts and legumes	1-1 ½ serves	1 ½ -2 serves
And		
Extra Foods	0-2 serves	0-3 serves

See the Australian Guide to Healthy Eating at www.nhmrc.gov.au

You will note there is a range for the amounts of serves per day you can have.

If you are inactive or have a small frame choose the lower end of the scale.

If you are very active or have a large build then choose the higher end of the scale.

Need more Information

Dieticians Association www.daa.asn.au/

Australian Guidelines to Healthy eating www.nhmrc.gov.au

Glycaemic Database www.glycemicindex.com

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What is a serve?

1. Bread, cereals, rice, pasta and noodles

- 2 slices of bread
- 1 cup cooked rice, pasta or noodles
- 1 cup porridge
- 1 1/3 cups breakfast cereal flakes
- 1/2 cup muesli

2. Vegetables and Legumes

- 75 g or 1/2 cup cooked vegetables
- 1/2 cup cooked dried beans, peas or lentils
- 1 cup salad vegetables
- 1 potato

3. Fruit

- 1 medium piece i.e. apple, banana, orange, pear
- 2 small pieces i.e. apricot, kiwi fruit, plums
- 1 cup diced pieces or canned fruit
- 1/2 cup of juice
- Dried fruit (4 dried apricot halves)
- 1 1/2 tablespoons sultanas

4. Milk, yogurt and cheese

- 250ml fresh, long life or reconstituted dried milk
- 1/2 cup evaporated milk
- 40g (2 slices) cheese
- 200g yogurt
- 1 cup of custard

5. Meat, fish, poultry, eggs, nuts and legumes

- 65-100g cooked meat or chicken
- 1/2 cup cooked dried beans, lentils, chick peas and split peas.
- 80-120g cooked fish fillet
- 2 small eggs
- 1/3 cup almonds or peanuts
- 1/4 cup of sunflower or sesame seeds

6. Extra food

- 40g doughnut
- 25g chocolate
- 1 tablespoon butter, margarine, oil
- 375ml soft drink
- 1/3 meat pie or pastie
- 1 1/2 scoops of ice-cream
- 2 standard drinks of wine or spirits