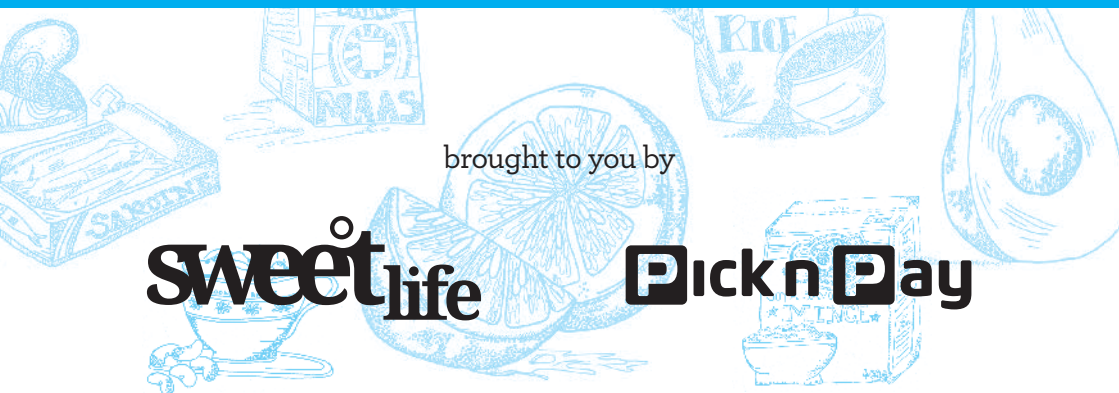


Diabetes Food Guide

Which foods to choose and how much to eat when you have diabetes.



We want to help

We know how hard it can be to decide what - and how much - to eat when you have diabetes.

We hope this book will help: it tells you which food to choose and how much of each food is healthy. It is for people with **Type 1** and **Type 2** diabetes.

Taking care of your diabetes is so important. The right diet can help you live a normal, healthy life. Here's what to choose for you and your family.

Remember:

- » Don't skip meals.
- » Eat vegetables every day.
- » Eat dry beans, split peas, lentils and soya regularly.
- » Choose vegetable oils rather than hard fats.
- » Don't use too much salt or eat salty foods.
- » Try to avoid sugar.
- » Drink lots of clean, safe water every day.
- » Be more active.

You're not alone in this!

Please join our community on **Facebook: Diabetic South Africans**.

Or check out **www.sweetlife.org.za** or **www.pnp.co.za/livewell** for diabetes and food info.

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CONTENT: Pick n Pay Dietitian

Supported by:

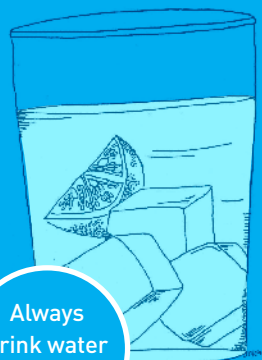


Disclaimer:

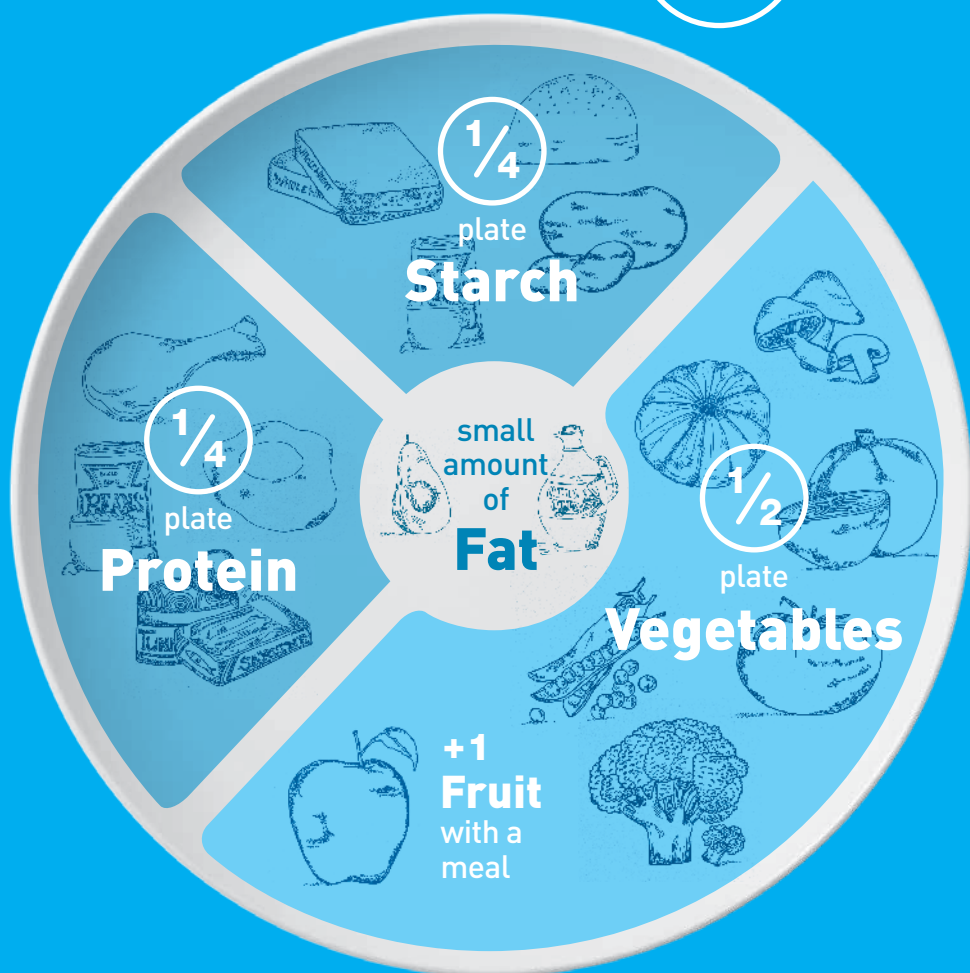
All people with diabetes require an individualised treatment plan that is developed by your diabetes healthcare team with your specific requirements in mind. Especially for people with Type 1 diabetes, your use of insulin or medication is coordinated with the type and timing of your meals. Your dietitian and wider diabetes team can help you to design your regimen around your needs and lifestyle to build in the maximum amount of flexibility possible. Please consult with your diabetes healthcare team for more information.

What your plate of food should look like:

Keep meals small and plan a snack in between each meal and before you go to bed at night.



Always
drink water
with meals



How much to eat of each food?

How much you eat is as important as what you eat.

With every meal, try to eat the right amount of each food.



2 teaspoons

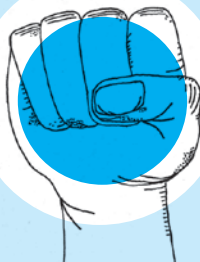
These are the different sizes:



As big as your thumb

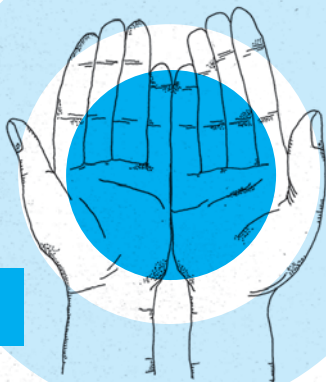


As big as the palm of your hand



As big as your fist

2 handfuls



1

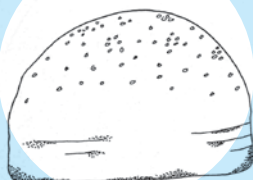
small cup
(250ml)



2 slices



1 roll



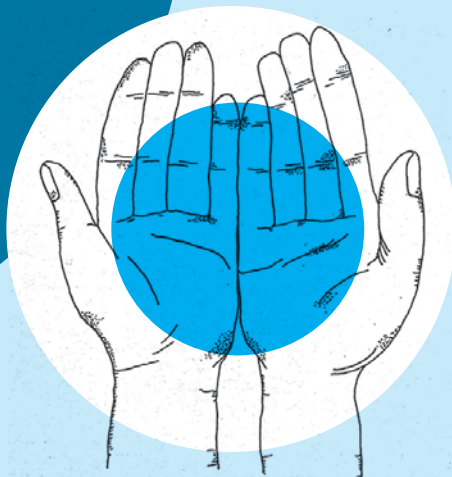
PORTION SIZE

Vegetables

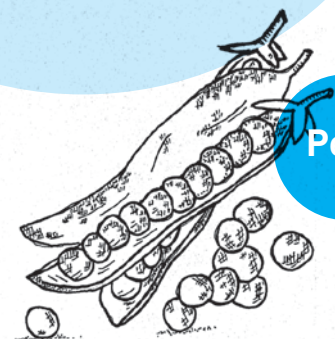
(also frozen and canned)

As much as you like:

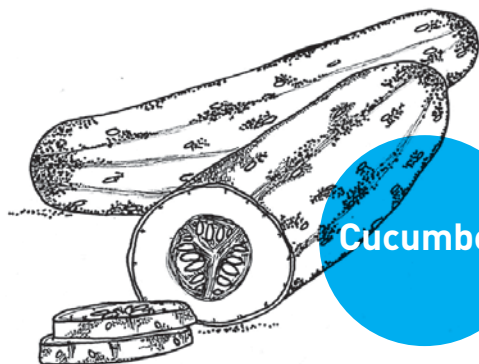
2 handfuls
with a meal



Cabbage



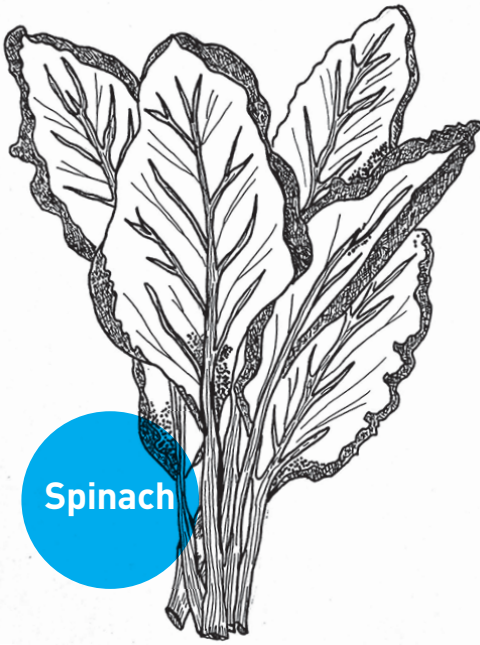
Peas



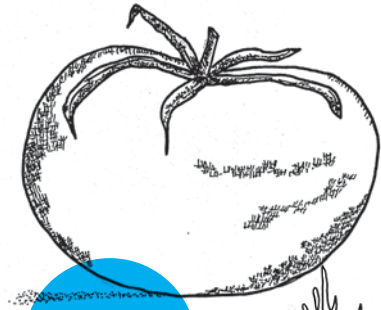
Cucumber



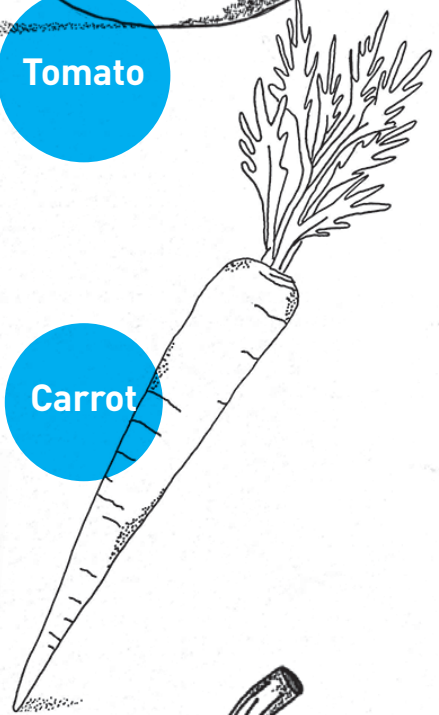
Lettuce



Spinach



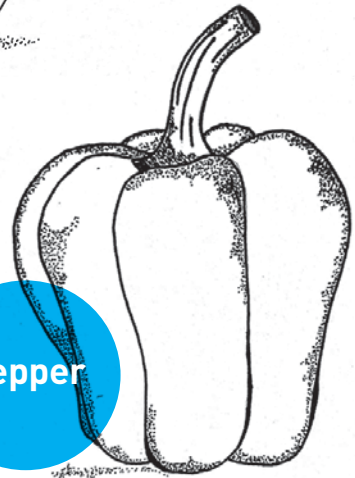
Tomato



Carrot



Onion



Pepper

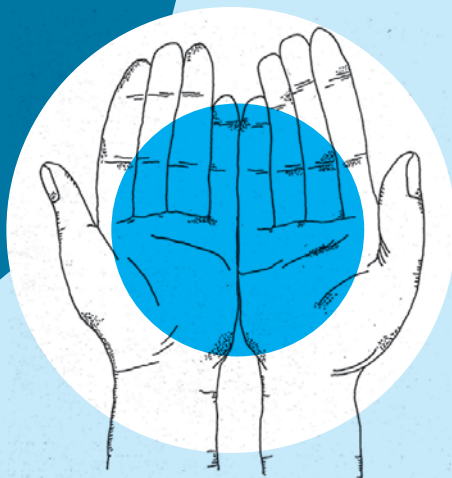
PORTION SIZE

Vegetables

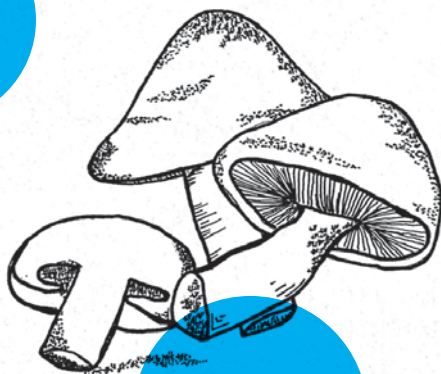
(also frozen and canned)

As much as you like:

2 handfuls
with a meal

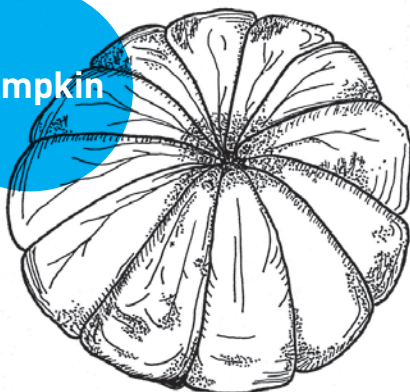


Broccoli



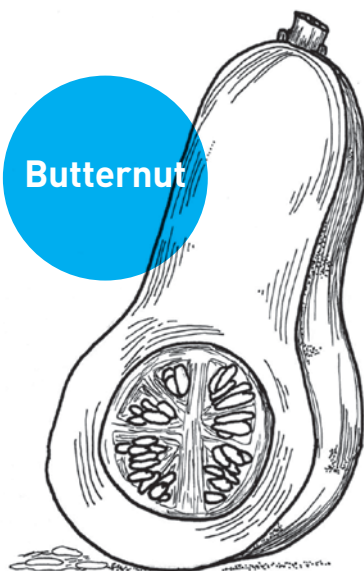
Mushrooms

Pumpkin

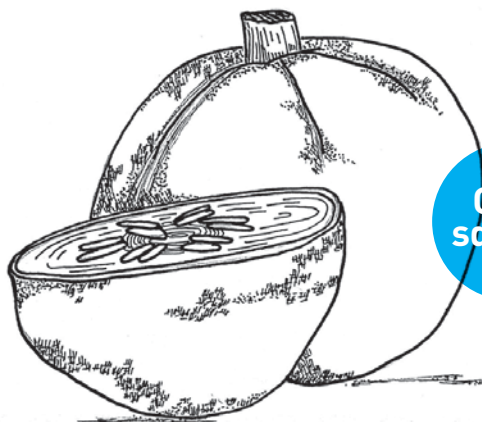




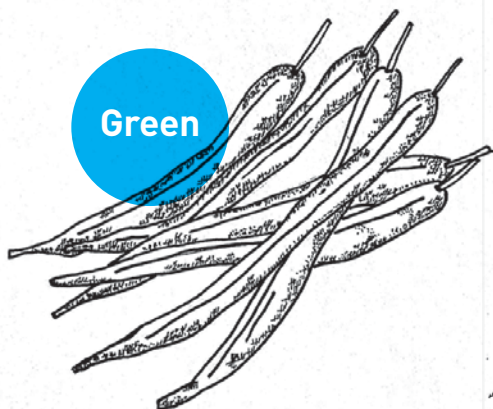
Canned
veg



Butternut



Gem
squash



Green



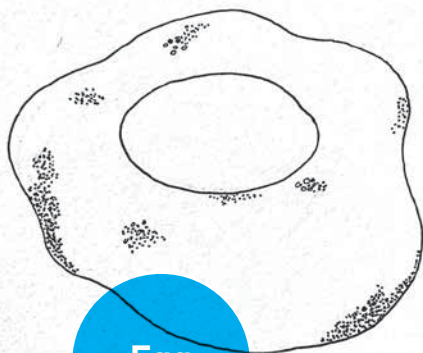
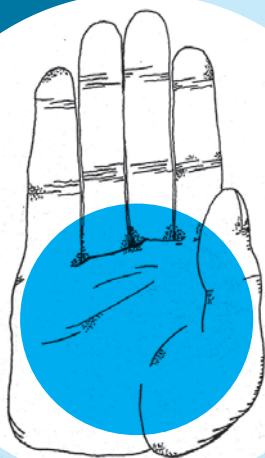
Frozen
veg

PORTION SIZE

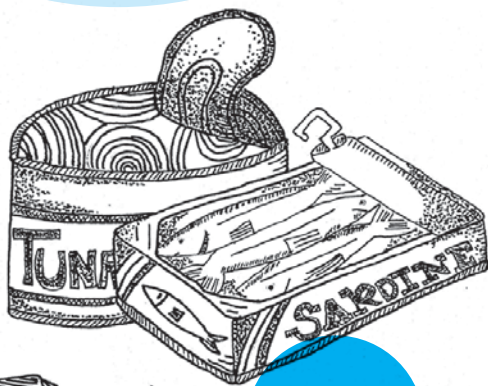
Protein

As big as:

**the palm of
your hand
with a meal**



Egg



**Canned
fish**

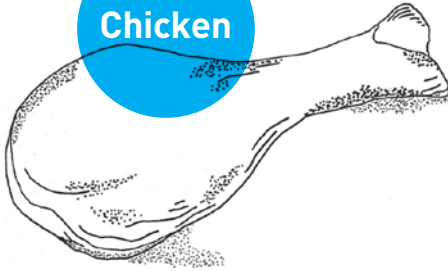


**Fresh or
frozen
fish**

Steak



Chicken



Mince



Remember: cut all the skin off chicken

Only eat these 1 or 2 times a week.

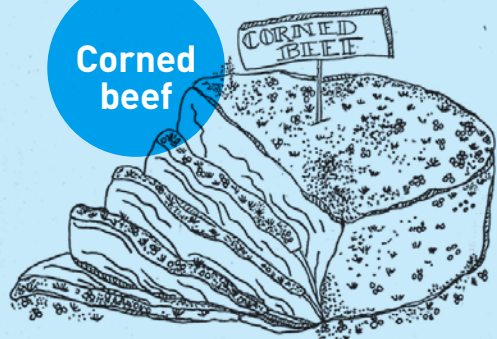
These foods have lots of salt and fat.

Remember:
cut all the fat
off meat



**Ham, polony,
salami, vienna,
sausage**

**Corned
beef**



PORTION SIZE

Protein

(veg and dairy)

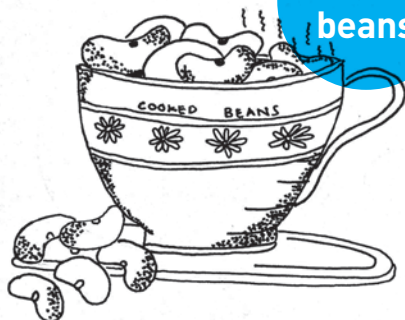
1 small cup
with a meal



Canned
baked
beans



Split
peas or
chickpeas



Cooked
beans



Soup
mix

Lentils

Canned
or dried



Rinse canned lentils
to reduce salt

Soya mince

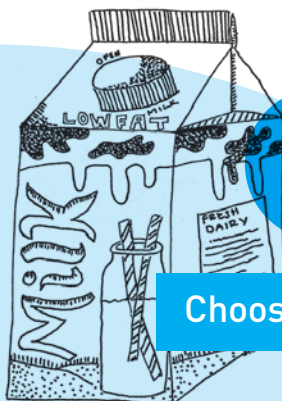


Yoghurt



Choose plain,
not sweetened

Milk



Choose low-fat

Maas



PORTION SIZE

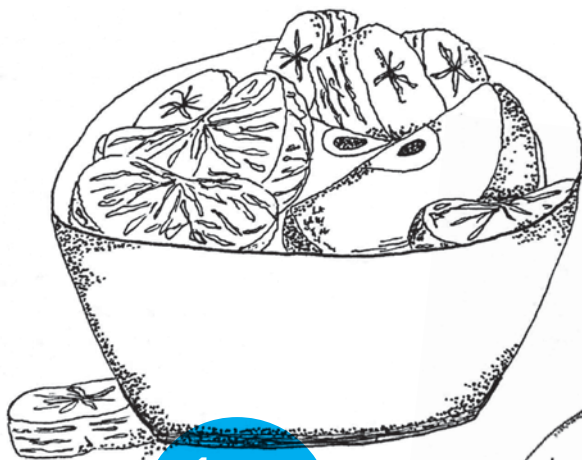
Fruit

As big as:

your fist

Eat 3 fruits a day:
only one at time.

Have one piece of
fruit with your meal
or as a snack.

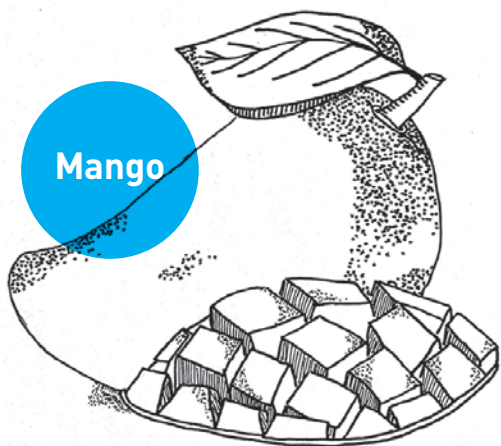


1 cup
of fruit
salad

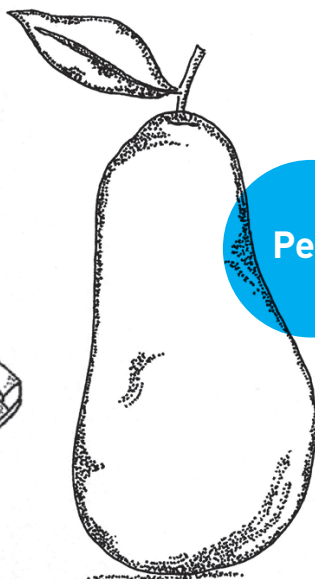


Banana

Mango



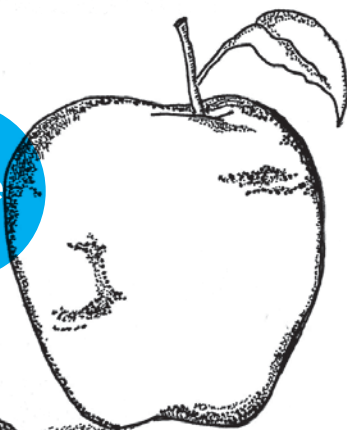
Pear



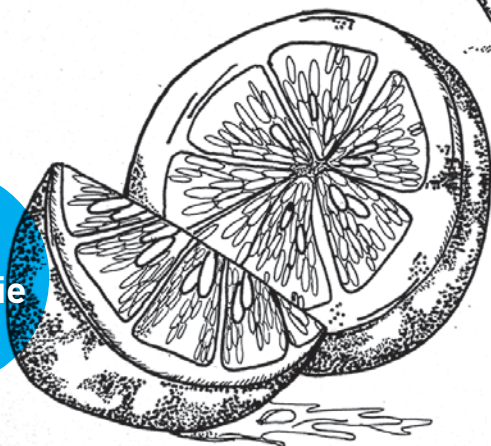
Peach



Apple



Orange
or naartjie



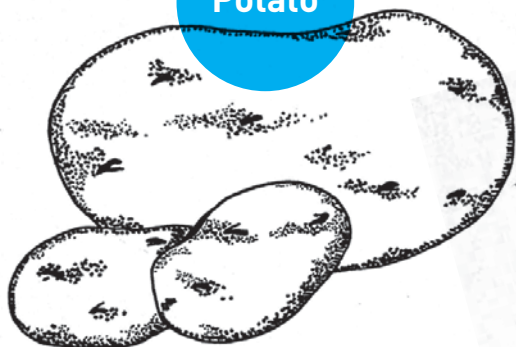
PORTION SIZE

Starch

1 small cup
with a meal



Potato



1

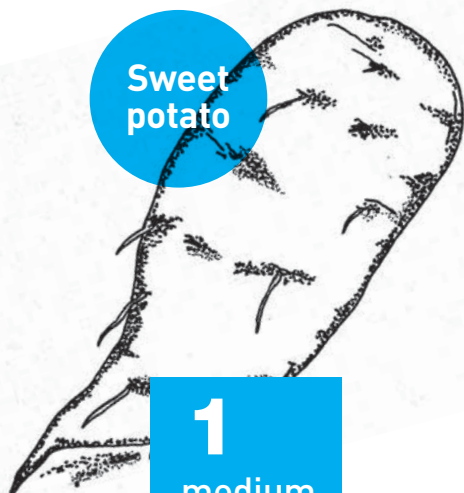
medium
potato

or

2

baby
potatoes

Sweet
potato



1

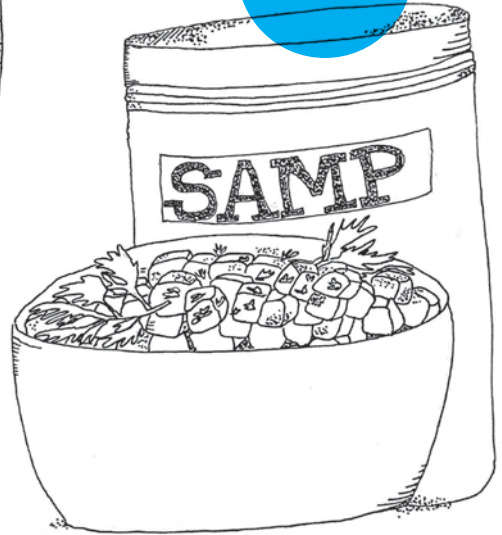
medium
sweet
potato

Pasta



Choose wholewheat

Samp



Rice



Choose brown

Pap



PORTION SIZE

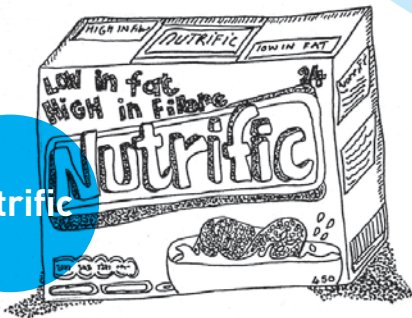
Starch

High-fibre cereals

1 small cup
with a meal



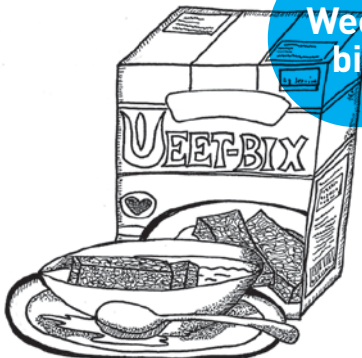
Nutrific



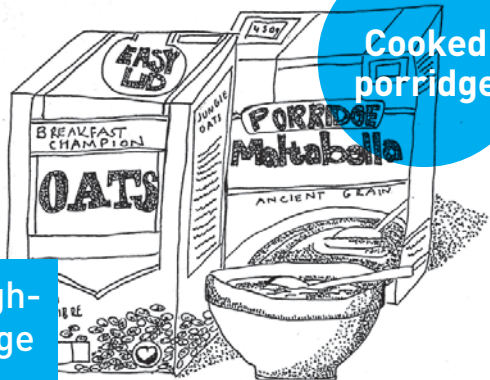
All Bran



Weet-bix



Cooked porridge



Oats is a high-fibre porridge

Bread

Choose wholewheat, low GI or seed bread, not white.

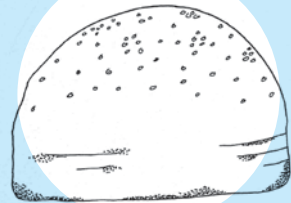
Be careful! Eating too much bread at one time can push up blood sugar.

2 brown bread slices



or

1 wholewheat roll



PORTION
SIZES

or



or

6 wholewheat crackers

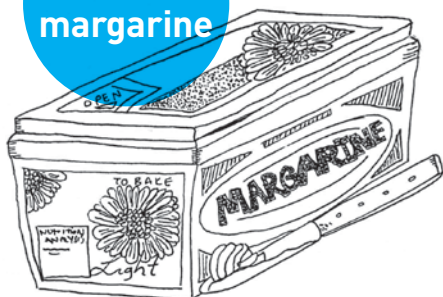
PORTION SIZE

Fats

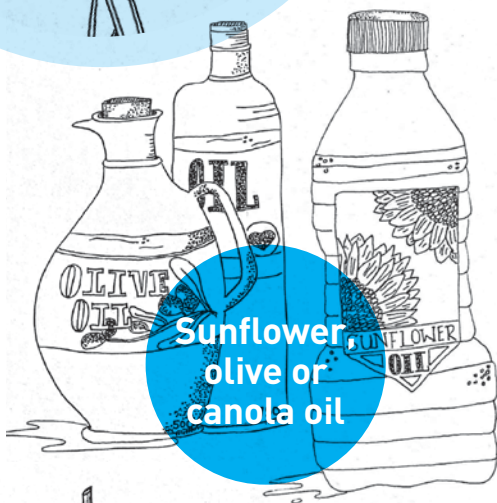
two teaspoons
with a meal



**Butter or
margarine**



**Sunflower,
olive or
canola oil**



**Peanut
butter**



Avocado

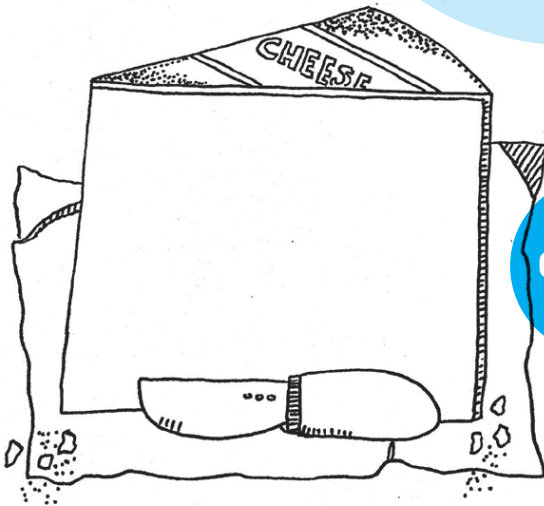
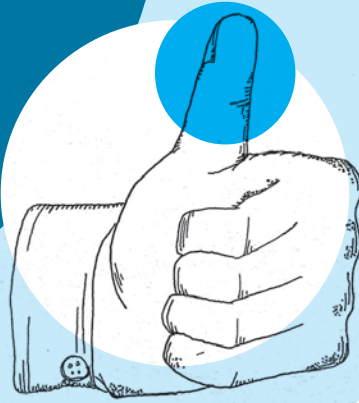


1/4 avo = 2 teaspoons

PORTION SIZE

Cheese

one thumb
with a meal
or snack



Cheese



Cream
cheese

Foods to avoid

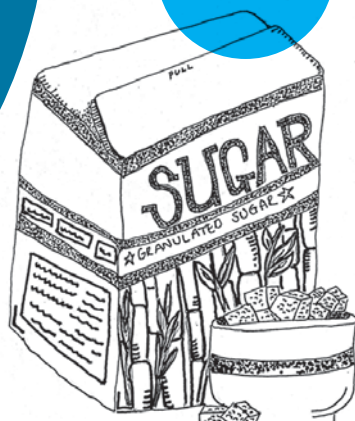
These foods have too much sugar

Sugar raises
blood sugar

=

bad for diabetes

Sugar



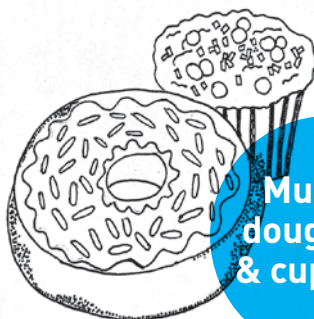
Try sweetener in tea
or coffee instead

**Fizzy
drinks**



Choose sugar-free
drinks instead

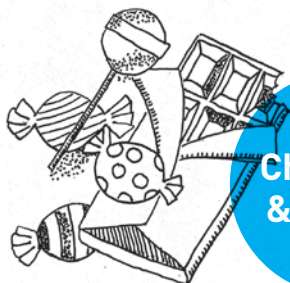
**Muffins,
doughnuts
& cupcakes**



**Cake &
cookies**



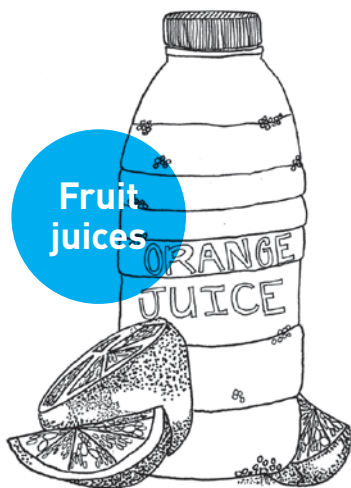
**Chocolate
& sweets**



Honey
& jam



Fruit
juices



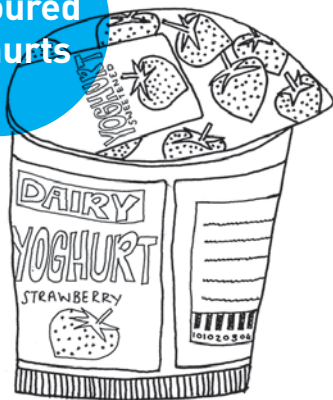
Flavoured
milk



Flavoured
cereal



Flavoured
yoghurts



Custard



Foods to avoid

These foods have too much salt and bad fats

Salt and bad fats raise blood pressure and cholesterol

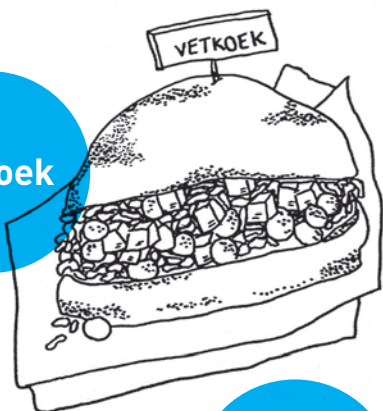
=

risk of stroke and heart attack

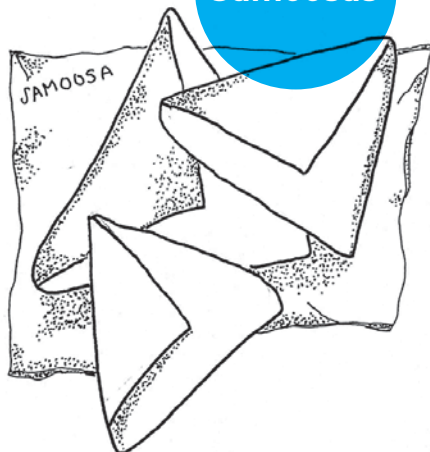
'Slap' chips



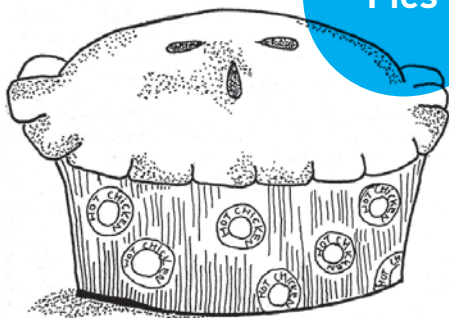
Vetkoek



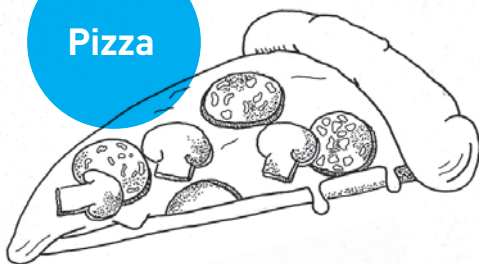
Samosas



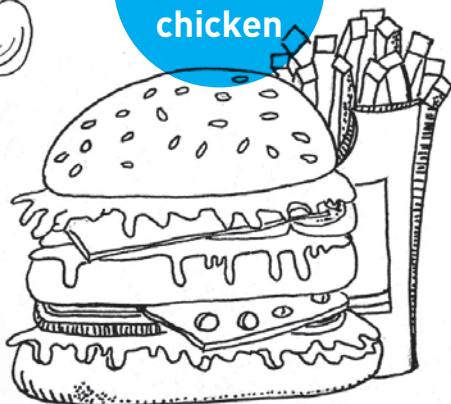
Pies



Pizza



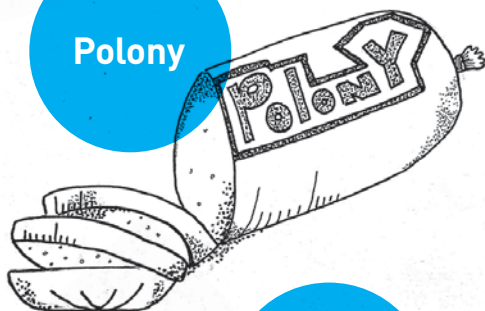
Burgers
& fried
chicken



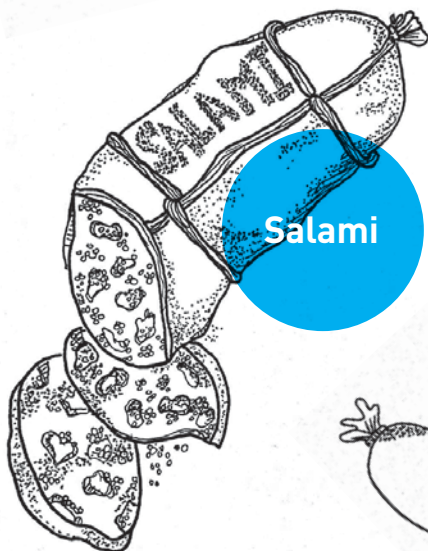
Chips
& salty
snacks



Polony



Salami



Viennas



Meal ideas

Day 1

Breakfast



1 cup oats

+



1 cup milk

+



2 teaspoons peanut butter

Snack 1



1 orange

+



1 thumb of cheese

Lunch



2 slices wholewheat bread

+



1 fist of sardines

+



2 handfuls of vegetables

Snack 2



1 apple

+



2 teaspoons peanut butter

Supper



1 palm of chicken stew

+



1 cup brown rice

+



2 handfuls of vegetables

Snack 3



1 banana

+



1 cup milk or yoghurt

Breakfast



+



+



2 slices wholewheat bread

1 cup baked beans

1 boiled egg

Snack 1



+



1 pear

1 thumb of cheese

Lunch



+



+



1 cup cooked pap

1 palm of meat

1 cup tomato
onion sauce

Snack 2



+



1 slice wholewheat bread

2 teaspoons peanut butter

Supper



+



+



1 cup cooked samp

1 cup beans

2 handfuls of salad

Snack 3



+



3 crackers

1 thumb of cheese

DIABETES FRIENDLY PICKS, FOR EVERY BUDGET

Our No Name and PnP branded food can help you **live well** every day.



EXCLUSIVE TO
Pick n Pay