

Food for Diabetes- My Meal Plan

Having a healthy eating plan is one of the most important things you can do to help you manage your diabetes. The guidelines for healthy eating and diabetes are:

1. Aim for a healthy weight

If you are above your healthy weight, even a small amount of weight loss can improve your blood glucose levels.

2. Eat regular meals and healthy snacks spread throughout the day

Have 3 moderate sized meals, spread evenly over the day. If you are having snacks, choose nutritious snacks such as a piece of fruit, low fat dairy or a handful of nuts.

3. Do not skip meals

4. Eat some high fibre, carbohydrate containing foods at each meal

Include carbohydrate foods such as wholegrain breads and cereals, dried beans, lentils, pasta, long grain or basmati rice, fruit, low fat milk, low fat yoghurt and/or starchy vegetables such as potato, sweet potato or corn at each meal.

5. Consume a low fat diet

Foods high in fat can contribute to weight gain. Some tips for reducing the fat content of your diet include choosing low fat dairy products and lean cuts of meat. Spread margarine thinly, use oils sparingly, and avoid fried takeaway foods, pastries, cakes and biscuits.

6. Eat less refined sugar

Although eating sugar doesn't cause diabetes, foods which contain large amounts of added or refined sugar can affect your blood glucose levels. Limit foods high in sugar such as lollies and soft drink and have small amounts of foods such as honey, jam and juice.

7. Reduce alcohol

If you choose to drink alcohol, limit your intake to 1-2 standard drinks per day and aim for 2 alcohol free days per week.

8. Participate in regular exercise

Aim for 30 minutes of light to moderate intensity exercise on most days, such as walking, bike riding, swimming, dancing, gardening, house work or team sports.



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