

# Healthy Eating

with Type 2

# Diabetes



For more information, call the Dietitian at your nearest Diabetes Centre.

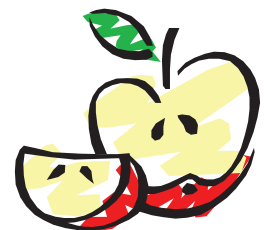
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Liverpool Health Service



Dept Dietetics Liverpool



Diabetes Centre Liverpool

# Step 1. Have three meals daily.

Have a small snack two to three hours after each meal.



**Breakfast**  
8 am

**Snack**  
10 am

**Lunch**  
1 pm

**Snack**  
3 pm

**Evening Meal**  
6 pm

**Snack**  
9 pm

You will find your diabetes and your weight easier to control if you eat 5 or 6 times a day, instead of only 2 or 3 times. *This does not mean you must eat more food!* Just make your main meals smaller and have the extra food in between. For example, instead of having fruit immediately after a meal, have it 2-3 hours later as the snack.



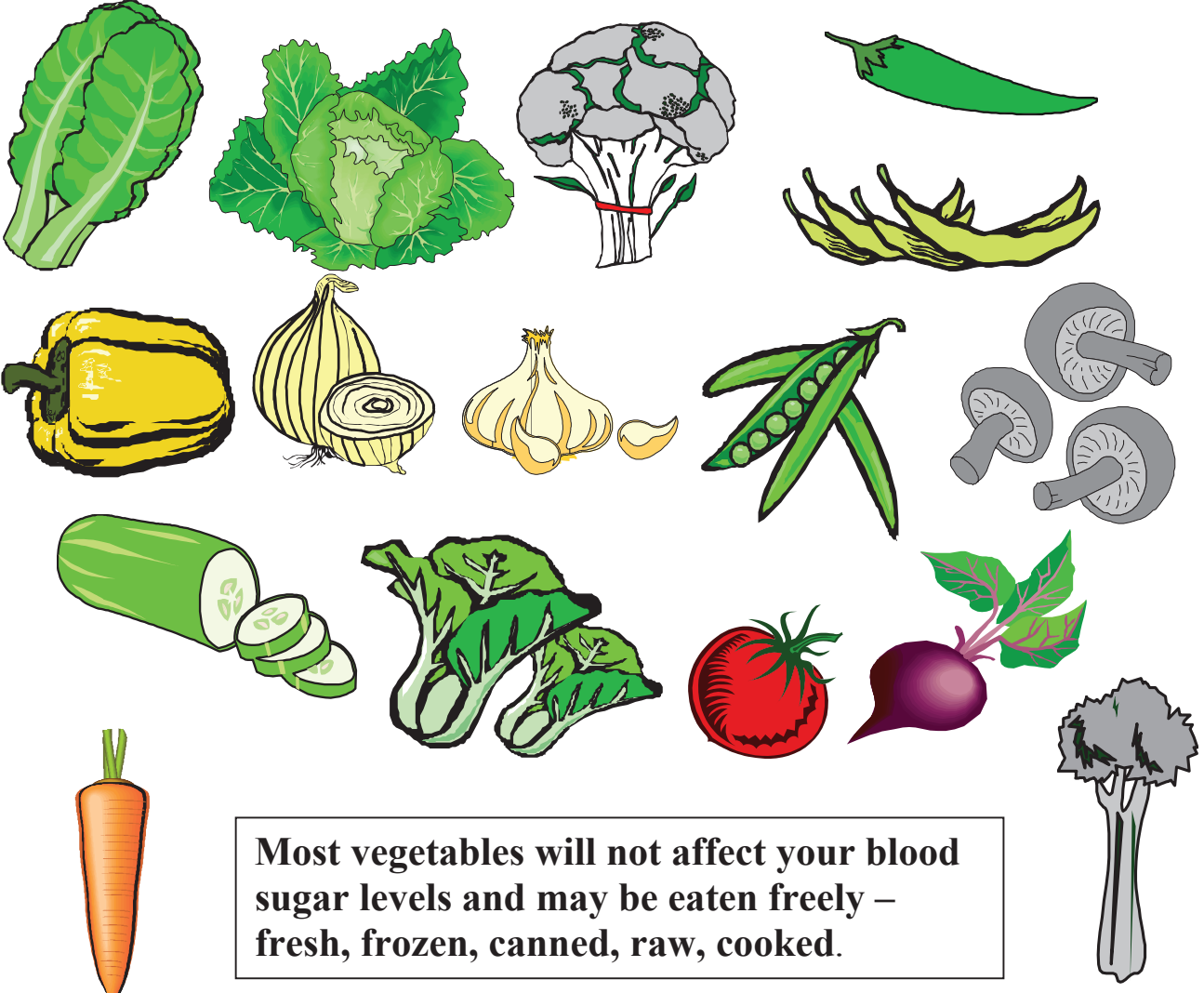
**Skipped meal**

**Not enough**

**Eating too much**

Skipping meals or eating large meals can cause unstable blood sugar.

# Step 2. Eat lots of vegetables daily.



**Most vegetables will not affect your blood sugar levels and may be eaten freely – fresh, frozen, canned, raw, cooked.**

The only vegetables that may cause high blood sugar if you eat a large amount are corn and varieties of edible tuber as potato, sweet potato, yams, cassava and taro.

### Also have freely:

- Water, tea, coffee (no sugar or honey added)
- Clear soup, beancurd, tofu
- Herbs, spices, vinegar, lemon juice
- Artificial sweeteners e.g. Splenda, Equal
- Sugar free ('Diet') soft-drinks, cordials and jellies

**Note:** people with a history of high blood pressure or kidney problems may benefit from reducing salt in the diet. Therefore, these people should have only small amount of salt, soy sauce, fish sauce, shrimp sauce...



# Step 3.

## Have some carbohydrate at each meal and snack

Carbohydrate foods release sugar into your body after you eat them, even the ones that don't taste sweet! Your body needs a balance of these foods.

Too much of these foods can cause high blood sugar, and damage parts of the body.

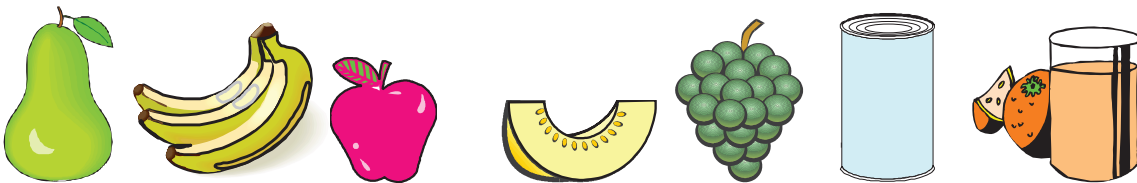
Too little of these foods could cause you to become deficient in certain nutrients. Lack of these foods may also cause low blood sugar if you are on diabetes medications. Low sugar in the blood can make you feel shaky, dizzy and sweaty. If you feel this way, immediately take 3 teaspoons of sugar mixed in water, followed by one of the foods below.

### Carbohydrate Foods

Have 1-2 of these foods at each meal in small or moderate amounts



Rice, Grains, Noodles, Breads and other foods made with grains and flours



Fruit – fresh, tinned, juice - “no added sugar” varieties



Varieties of edible tuber as potato, taro, yams; corn; dried beans (mung, black beans)

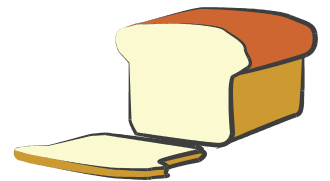
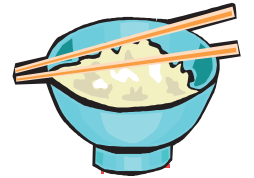


Milk, soy milk, yoghurt and ice-cream – low fat, high calcium varieties are best

# Step 4. Be careful with foods that rapidly release sugar in the body.

The foods below can easily cause high blood sugar.

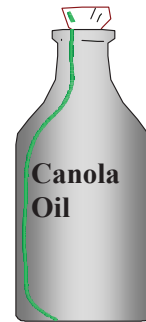
- **Rice and rice products** – Do not have more than one small bowl of already cooked rice at a meal, unless your Dietitian suggests otherwise. Better options are noodles, pasta or basmati rice. Sticky rice can cause very high blood sugar – have rarely.
- **White and wholemeal breads** – Do not have more than 2 slices at a meal (or 1 bread roll/bun), unless your Dietitian suggests otherwise. Grainy breads, such as multigrain and soy-linseed breads, are a better option.
- **Tropical fruits** (e.g. watermelon, soft bananas). Do not have these fruits with meals. If you like them, have only 1 handful as a snack only. Apples, oranges, peaches and pears are better options. Bananas are best eaten while still a little green.
- **White/brown/palm sugar, honey, syrup, jam:** Have no more than 3 teaspoons of these per day. For extra sweetness, use an artificial sweetener (for example, Splenda, Equal).
- **Potatoes** – Do not have more than 2 small potatoes at a meal, unless your Dietitian suggests otherwise. Corn and sweet potato are better options.
- **Soft drinks, juices and other high sugar drinks.** Better options are ‘sugar free’, ‘low joule’, and ‘Diet’ varieties. Be careful with ‘no-added-sugar’ fruit juices, as they still contain a lot of natural sugar. Do not have juices with meals unless your dietitian suggests otherwise.
- **Cakes, sweetened desserts, condensed milk, preserved fruit and chocolates** Only have these foods rarely.



# Step 5. Be careful with fat.

Eating too much fat can lead to weight gain and high blood cholesterol.  
You should follow the following good habits:

- Use oils that won't increase your blood cholesterol (for example, canola or olive oil). Avoid animal fats, butter, lard, and coconut milk in cooking. Use only on special occasions.



- Limit the amount of oil used in food preparation each day to less than 1 tablespoon per person.

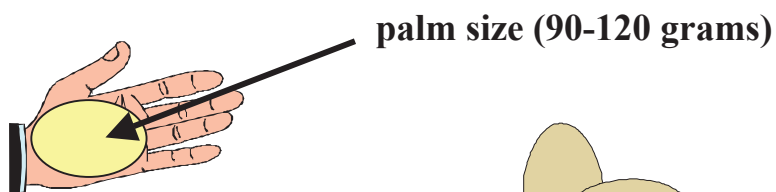
- Choose lower fat milks, yoghurts and ice-creams.



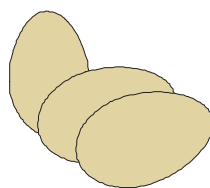
- Buy lean meats. Remove the fat from the meat and the skin from the chicken/duck/quail before cooking.



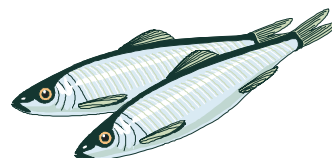
- Limit the meat or chicken eaten in a day to an amount no bigger, or thicker, than the size of the palm of your hand.



- Limit eggs to 3 per week.



- Eat fish at least twice a week.



**The foods listed below are very high in fat. Only eat these foods occasionally.**

- Deep fried foods
- Instant noodles
- Fatty meats e.g. sausages, roast pork, roast duck
- Embryonated egg
- Potato and corn crisps
- Pork buns with fatty stuff
- Prawn crackers
- Many take-away foods e.g. hamburgers, pizza, hot chips
- Most biscuits
- Cakes and pastries
- Cheeses
- Chocolates
- Coconut milk
- Cream
- Creamy sauces
- Most ice-creams
- Nuts: a large amount of nuts can easily lead to weight gain but a small handful of nuts 3 to 4 times per week may help to reduce blood cholesterol



# Step 6. If you drink alcohol, do so in moderation.

It is wise for you to discuss with your doctor whether you as an individual may drink alcohol



## ***Basic guidelines***

If you intend to drink alcohol after having discussed this with your doctor, you should follow the following guidelines:

- Never substitute alcohol for food
- Have at least 2 days alcohol free each week
- If you drink alcohol, aim for 2 standard drinks or less on any one day. 1 standard drink is: 1 middy beer (285 ml) or 1 schooner low alcohol beer (425ml) or 1 nip spirits (30ml) or 1 medium glass dry wine (100ml)
- Avoid sugar drinks like sweet wines and liqueurs.
- Avoid mixing spirits with sugary drinks. Low-joule/diet varieties may be used instead eg Diet Cola or mineral water

## ***For those taking tablets or insulin to treat their DM:***

Never drink alcohol on an empty stomach, as it may interact with some diabetes medications and cause hypoglycaemia (low blood sugar). Eat some carbohydrate while drinking alcohol to avoid this problem.

## ***Be aware***

Drinking excess alcohol can lead to some following problems:

- damage to the liver, pancreas, brain and heart
- weight gain
- the risk of some types of cancer
- increased blood fats (triglycerides)
- increased blood pressure



## EXAMPLE MENU

General recommendation only; individuals with DM need review with a dietitian for personalised advice

### BREAKFAST

- 2 slices of multigrain bread or 1 wholemeal bread roll **plus** 1 glass of low fat milk or soy milk. Lean meat, chicken, fish or egg **and** vegetables **if desired**

**OR**

- One bowl of noodles or rice porridge **plus** 1 handful of fresh fruit. Lean meat, chicken, fish or egg **and** vegetables **if desired.**

**OR**

- 1 small bowl of high fibre breakfast cereal **plus** 1 glass of low fat milk/soy milk **plus** 1 small glass of fruit juice

### LUNCH/DINNER

- 1 bowl of clear soup **plus** 1 small bowl of cooked rice **plus** lean meat, chicken, fish or seafood **and** plenty of vegetables

**OR**

- 1 bowl of noodles **plus** lean meat, chicken or fish **plus** plenty of vegetables **plus** 1 handful of fruit

**OR**

- 1 wholemeal breadroll/bun or 2 slices of multigrain bread **plus** lean meat, chicken, fish or egg **plus** vegetables **plus** 1 glass of low fat milk or soy milk



### SNACKS

- 1 piece of fruit (e.g. 1 orange, 1 apple, 1 pear, ½ mango, 10 lychees) **OR**
- ½ bowl canned fruit (not in syrup) **OR**
- 1 corn on the cob **OR**
- 1 small wholemeal bread roll **OR**
- 1 –2 pieces multigrain bread **OR**
- 2-4 low fat biscuits **OR**
- 1 glass low fat milk or soy milk **OR**
- 1 tub of low fat yoghurt