

Diabetes *it's in your hands*

Nutrition and type 2 diabetes

The good news is that the Australian Guide to Healthy Eating is recommended for Kooris with diabetes and is healthy for all the mob.

Eat More Fruits and Vegetables

- Eat 2 serves of fruit each day
- Eat 5 serves of vegetables each day
- As a snack try fruit or plain popcorn or low fat yoghurt or low fat crackers.

Eat Less Fat

- Use less butter, try a scrape of margarine instead
- Avoid fried and takeaway foods
- Trim the fat off meat and take the skin off chicken
- Eat less fatty snacks like chips and biscuits
- Use low fat milk and cheese
- Use low fat cooking methods like steaming, stir- frying, grilling or microwaving.

Eat Less Sugar

- Use diet cordial or diet soft drink – avoid regular sweet drinks
- Don't eat chocolate, lollies, biscuits and cakes everyday.

Eat Less Salt

- Avoid using salt in cooking and at the table
- Choose low salt or salt reduced foods
- Avoid high salt foods such as chips, soy sauce, some tinned food such as tinned vegetables
- Instead of using salt to flavour foods use spices such as pepper, garlic, chilli, mustard, curry, paprika and cardamom.

Eat More Breads and Cereals

- Try to eat multigrain or wholemeal bread, instead of white
- Eat high fibre cereals like weetbix, porridge or bran cereals
- Eat some bread or cereal or pasta or noodles or damper or rice with each meal.



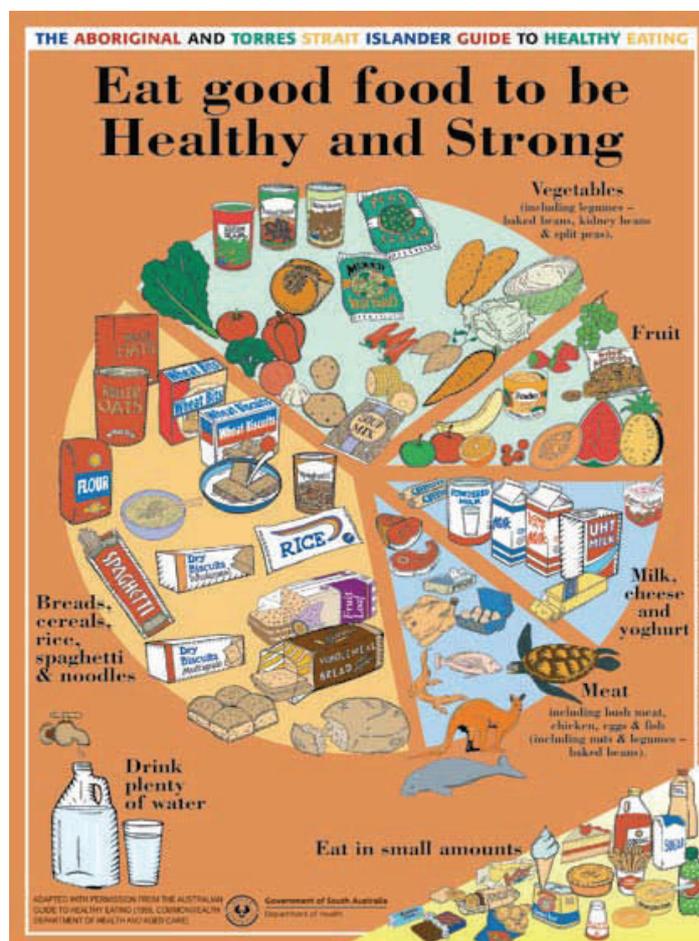
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Carbohydrates

All carbohydrate foods are broken down into glucose (blood sugar).

Example of foods containing carbohydrates are:

- breads and cereals
- rice, pasta, noodles
- potato and corn
- beans, lentils, split peas
- fruit
- milk and yoghurt
- Sugar.



The diagram shows that when carbohydrates are eaten – they are then broken down by the body's digestive system to release sugar (glucose) into the bloodstream.

You need to control blood glucose levels:

- spread carbohydrate foods across the day
- eat wholegrain breads and cereals
- avoid lollies and high sugar drinks
- sugar is also a carbohydrate and small amounts are okay
- **avoid** large amounts of added sugar.

Other Nutrition Tips:

- eat a balanced diet
- drink plenty of water
- drink less alcohol
- make sure you try to eat 3 regular meals a day or 6 small meals. This includes small quantities of carbohydrate foods at each meal.