



Healthy Food Guide

Breakfast

Lunch

Dinner

Here's how to **eat healthy**
if you are living with diabetes,
high blood pressure, cholesterol,
or if you want to lose weight.

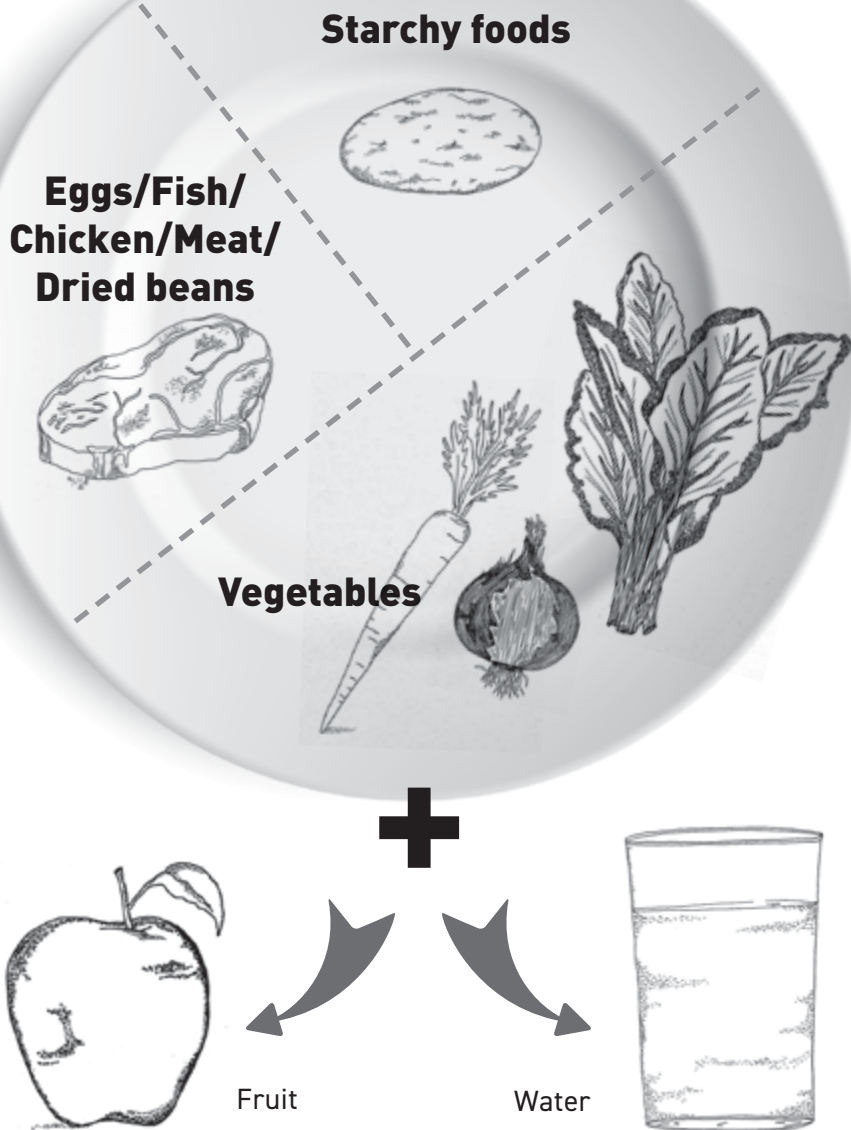
Remember these basics

- » Don't skip meals.
- » Eat vegetables every day.
- » Eat dry beans, split peas, lentils and soya regularly.
- » Choose oils rather than hard fats.
- » Don't use too much salt or eat salty foods.
- » Avoid sugar.
- » Drink 8 glasses of water a day.
- » Be more active.

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.

My plate



Vegetables



Half
plate
portion
size



Onion



Tomato



Beans



Cabbage

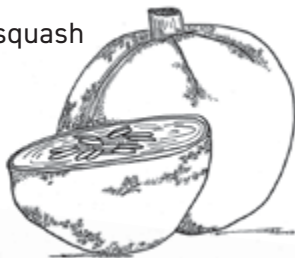


Pumpkin

Vegetables

**Half
plate
portion
size**

Gem squash



Carrot



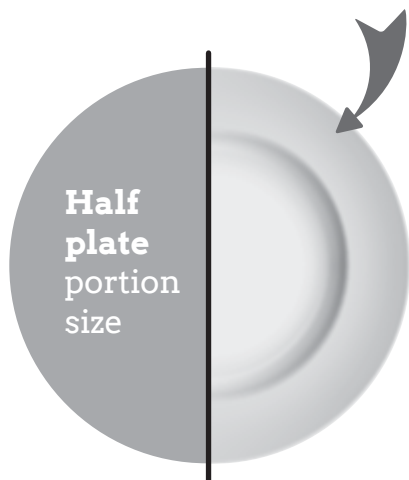
Butternut



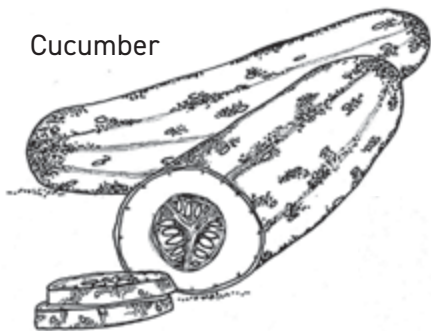
Spinach



Vegetables



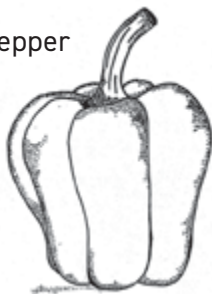
Cucumber



Broccoli and cauliflower



Pepper



Lettuce



Vegetables



Half
plate
portion
size

Mushrooms



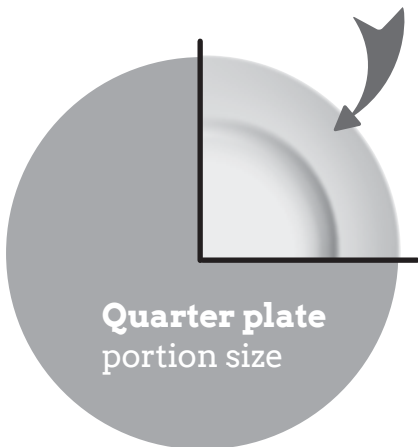
Frozen peas



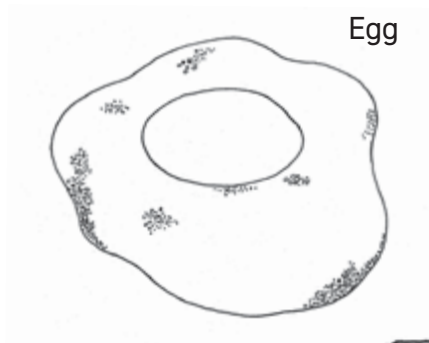
Frozen
vegetables



Eggs / Fish



Quarter plate
portion size

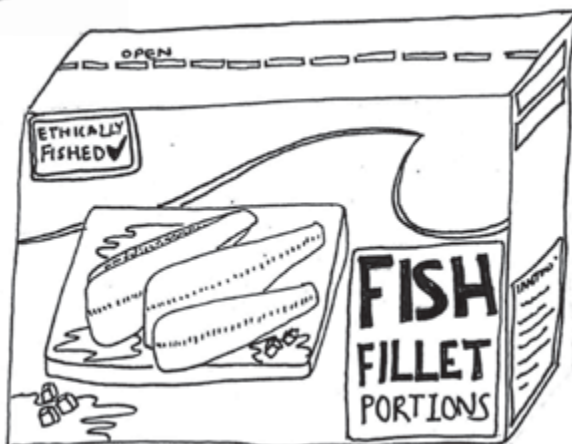


Egg

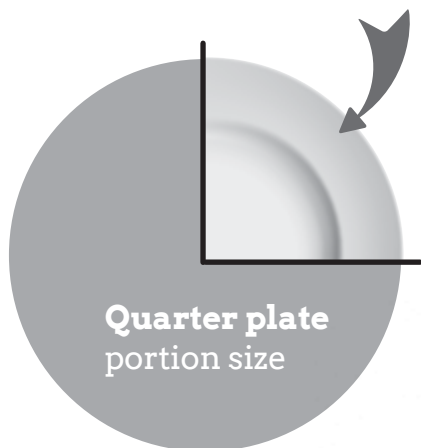
Canned fish



Frozen fish



Chicken / Meat



Quarter plate
portion size



Skinless chicken

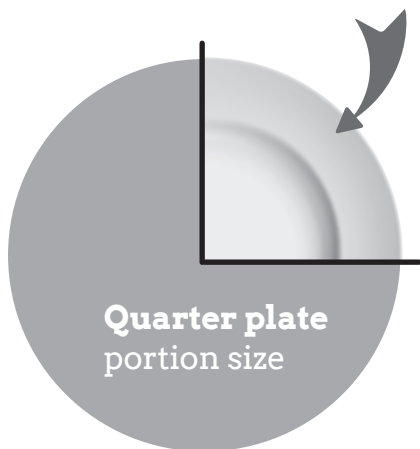


Lean meat



Mince

Dried beans / Dairy



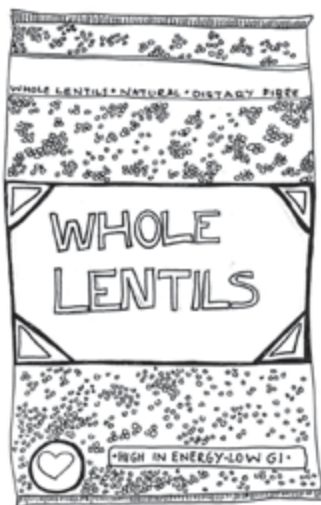
Split peas



Cooked beans



Lentils





Baked beans

Soya mince



Maas

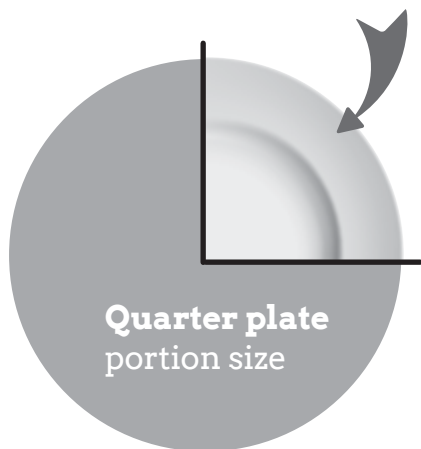


Milk

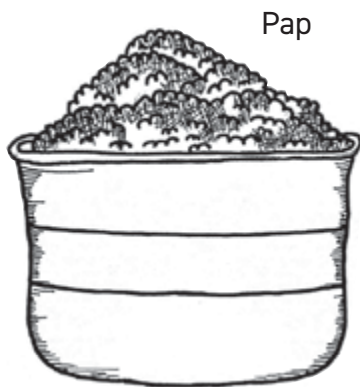


Plain yoghurt

Starchy foods

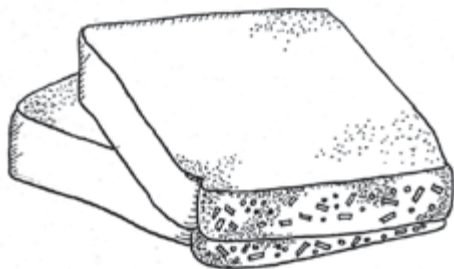
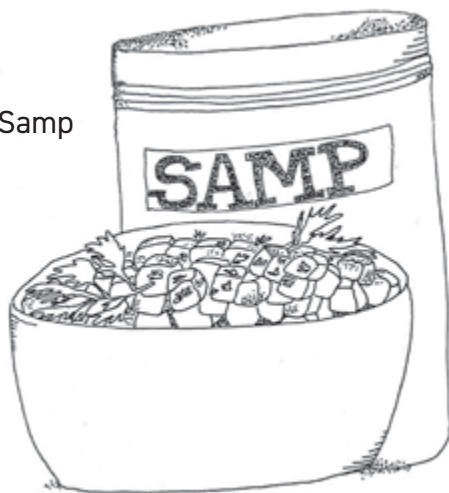


=



Pap

Samp



Wholewheat bread

Starchy foods



Quarter plate
portion size

A diagram showing a gray circle representing a plate. A black line divides the circle into four equal quadrants. A curved arrow points from the top right quadrant towards the top right corner of the page.

Potato



Brown rice



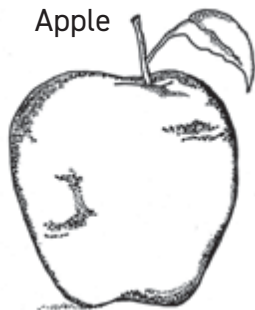
Wholewheat pasta



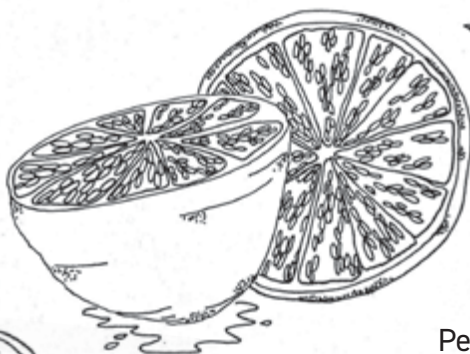
Fruit

**1 piece of fruit with each meal,
or as a snack.**

Apple



Orange



Pear



Banana



Naartjie



Mango



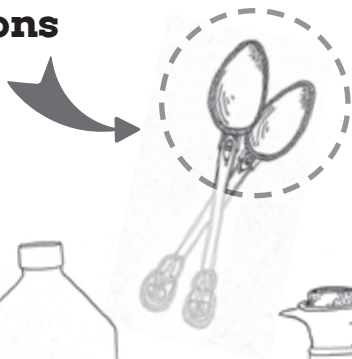
Peach



Oils

Choose from **these good fats**.

Two teaspoons
with a meal



Sunflower oil

Canola oil



OR

Olive oil



Margarine



OR

Peanut butter



Quarter avo

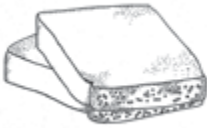


OR

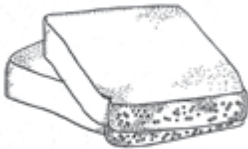
Peanuts



Make the right choices



Two slices



Wholewheat



Lean meat



Skinless
chicken



Fresh
vegetables



Many slices



White bread



Fatty meat



Chicken
with skin



Canned
vegetables



Low-fat milk



Fresh milk



Water



Brown rice



Wholewheat
pasta



Full cream
milk



Creamer



Sugary drink



White rice



Regular
pasta or
2 minute
noodles

Foods to avoid

These foods have **too much sugar**



Sugar



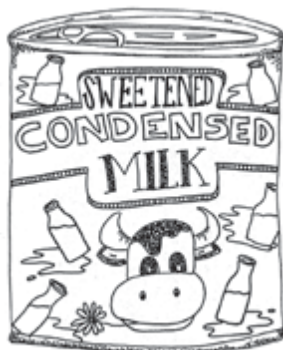
Sugary drinks



Chocolate & sweets



Cake & cookies



Condensed milk





Fruit juices



Honey
& jam



Muffins, doughnuts
& cupcakes



Custard



Processed cereal

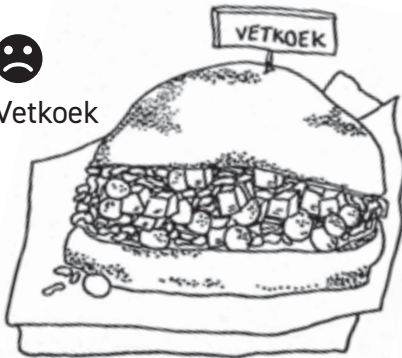
Foods to avoid

These foods have **too much salt**
and **bad fats**

Salt raises
blood pressure = higher risk
of stroke



Vetkoek



'Slap' chips



Samosas



Pies



Salami



Corned beef

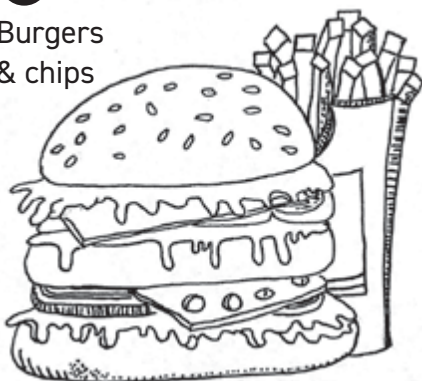




Pizza



Burgers
& chips



Chips & salty
snacks



Fried chicken



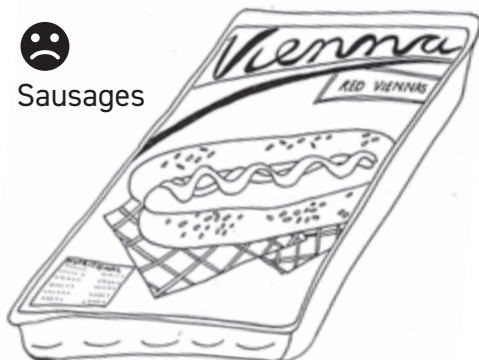
Polony



Boerewors



Sausages



Meal Plans

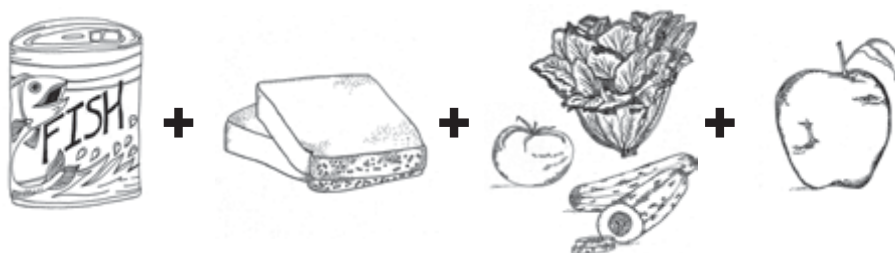
Ideas for healthy meals

Day 1

Breakfast



Lunch



Dinner

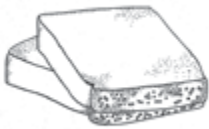


Remember
your plate
portions



Day 2

Breakfast



+



+



Lunch



+



+



+



Dinner



+



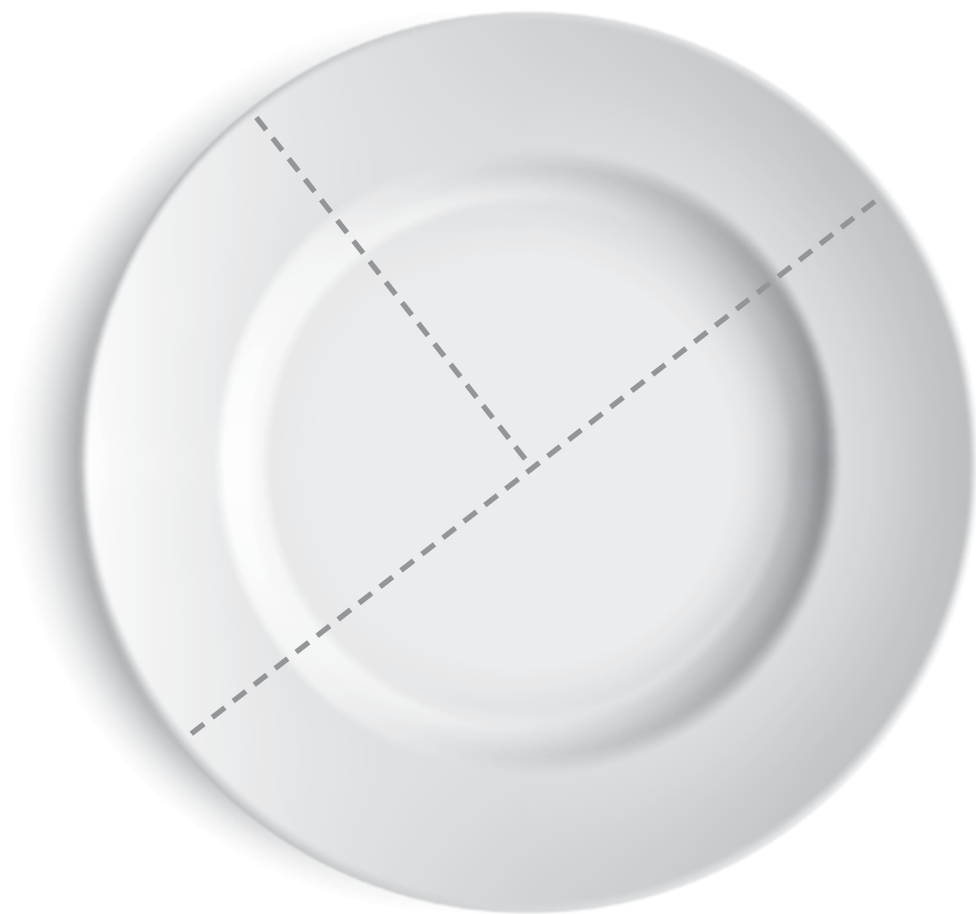
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Your meal plan





Breakfast

	+		+		+	
--	---	--	---	--	---	--

Lunch

	+		+		+	
--	---	--	---	--	---	--

Dinner

	+		+		+	
--	---	--	---	--	---	--

Notes

This image shows a single sheet of white paper with horizontal ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.

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You're not alone in this!

Please join our community on
Facebook: South Africans with Diabetes.

Or visit www.sweetlife.org.za for diabetes and food info.

sweetlife