GOOD FOOD FOR GOOD SUGARS

TO HELP MANAGE YOUR DIABETES

- Learn which foods have sugar in them
- Eat regularly and don’t skip meals
- Spread your sugar foods out over the day
- Eat wholegrain and high fibre foods more often
- Choose reduced fat products and avoid deep fried foods

SUGAR FOODS
Include a variety of these foods in your diet

- DAIRY FOODS
- FRUIT
- STARCHY VEGETABLES AND LEGUMES
- CEREALS AND GRAINS

BREAKFAST
CHOOSE ONE

- 2 weetbix and banana and milk
- Baked Beans with Toast
- Oats/porridge

SNACK
CHOOSE ONE

- Apple
- Yoghurt
- Hard-boiled egg and toast

LUNCH
CHOOSE ONE

- Stew with potato & veggies
- chicken & salad wrap
- Ham Salad sandwich

SNACK
CHOOSE ONE

- 1 piece of damper
- Yoghurt
- 3 wholegrain crackers with cheese

SUPPER
CHOOSE ONE

- Chicken and Vegetable Curry
- Stir Fry with Noodles
- Fish with veggies and rice
GOOD FOOD FOR GOOD SUGARS

SPREAD YOUR TUCKER OVER THE DAY

- Helps control your sugar levels
- Helps prevent high sugars damaging your eyes and kidneys
- Helps you feel fuller for longer

BREAKFAST

SNACK

LUNCH

SNACK

EVENING

SUGAR FOODS TO LIMIT

Limit foods/drinks high in sugar such as lollies, chocolates, cakes, biscuits, soft drink, cordial and fruit juice.

Drink plenty of water

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