

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

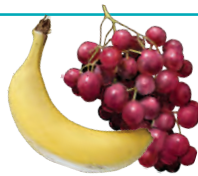
Choose
reduced fat
products and
avoid deep
fried foods

SUGAR FOODS

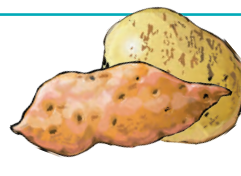
Include a variety of
these foods in your diet



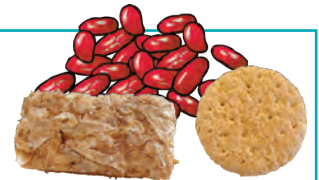
DAIRY FOODS



FRUIT



STARCHY VEGETABLES
AND LEGUMES



CEREALS AND GRAINS

BREAKFAST CHOOSE ONE



2 weetbix and
banana and milk

OR



Baked beans
with toast

OR



Oats/porridge

SNACK CHOOSE ONE



Apple

OR



Yoghurt

OR



Hard-boiled egg
and toast

LUNCH CHOOSE ONE



Stew with potato
& veggies

OR



Chicken &
salad wrap

OR



Ham salad sandwich

SNACK CHOOSE ONE



1 piece of damper

OR



Yoghurt

OR



3 wholegrain crackers
with cheese

SUPPER CHOOSE ONE



Chicken and
vegetable curry

OR



Stir fry
with noodles

OR



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

our health in our hands