

NUTRITIOUS HEALTHY FOOD AS PART OF A HEALTHY LIFESTYLE

TRY TO EAT RIGHT, EXERCISE AND MANAGE YOUR STRESS ON A DAILY BASIS.

The healthy food plate

The plate model is effective for both managing diabetes and losing weight.

Fruit

- ✦ A variety of fruits in controlled portions can be enjoyed. One serving is a medium portion of fruit (e.g. oranges, apples, pears or small bananas), or two small fruit (e.g. plums), or one cup of fresh fruit salad. Instead of eating fruit with meals, these can be used as snacks between meals.



✦ Vegetables

✦ Whole Grains/Starch



- ✦ Fill one of the quarter sections with whole grain, high fibre, low GI starches such as corn, rolled oats, high fibre breakfast cereals, bulgar wheat, "Stampkoring", wild brown rice, sweet potato, baby potato, heavy seed/rye breads and whole grain crackers.

✦ Proteins



- ✦ Fill half of the plate with a variety of vegetables, such as spinach, carrots, lettuce, gem squash, carrots, peas, butternut, beetroot, cabbage, green beans, broccoli, cauliflower, tomatoes, cucumber, mushrooms, peppers, asparagus, eggplant and baby marrow.

- ✦ Fill the last quarter of the plate with protein rich foods, such as skinless chicken and turkey, fish and other seafood, lean cuts of beef and pork (e.g. sirloin, fillet or pork loin), tofu, soya, eggs and legumes (e.g. lentils, dry beans and chickpeas). Avoid processed meats (e.g. salami, vienna sausages and polony), which are high in saturated fat and salt.

Dairy

- ✦ Enjoy low fat dairy products daily such as low fat or fat free milk or low fat/fat free yoghurt and low fat soft cheeses.



Go to www.sanofi.co.za and search "Diabetes", the Diabetes and Cardiovascular page is the first pop up.

TYPE 1 & TYPE 2 DIABETES - INDIAN STYLE OF EATING



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This menu illustrates healthy types of food all people with diabetes can enjoy in an Indian style of eating.

The quantities of foods and necessity of snacks will depend on the individual's type of medication, weight status, gender, age, lifestyle requirements and activity levels. This information should be obtained from a registered dietician.

Contact ADSA (Association of Dietetics in South Africa), Tel: 011 061 5000 or visit www.adsa.org.za for a dietician in your area.

MENU	DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7
BREAKFAST	MILK	YOGHURT	CHEESE	MILK	EGGS	MILK	LENTILS
Milk/Protein	Low fat/fat free milk	Low fat/fat free yoghurt	Paneer cheese tomato curry (left over) served on	Low fat/fat free milk	Eggs poached/ scrambled served with stir fry onion and tomato curry	Low fat/fat free milk	Lentil tomato curry served on
Starch	Cooked rolled oats	High fibre low fat, low sugar muesli	Health seed bread/ toast	High fibre cereal	Rye bread/toast	Cooked oatbran porridge	Health seed bread/ toast
Fruit	Apple sliced	Strawberries	Cubed paw paw	Grapes	Fresh fruit salad	Peach sliced	Cubed melon
LIGHT MEAL	LEFT OVER CURRY	LEFT OVER FISH	CHICKEN AND CORN SALAD	MOONG DHAL	RICOTTA CHEESE AND CHICK PEA SALAD*	LEFT OVER CURRY	OPEN SANDWICH
Protein	Kadhi	Hake tomato curry*	Cold left over chicken (skin removed) made into a salad using a	Moong dhal* served with	Ricotta cheese	Lean lamb curry*	Mashed sardines/ pilchards served with
Vegetables: salads/soups	Vegetable curry - spinach, carrots and brinjals (no potato)	Curry green beans and cauliflower	variety of salad ingredients including corn kernels		made into a salad using a variety of salad ingredients	Curry cauliflower and green beans	sliced tomato, pepper dews, achar and sliced avocado pear
Starch	Cooked kitchari	Brown basmati rice		Whole wheat crackers	including canned chickpeas	Kitchari	Rye bread/toast
Fat (dressing/cooking)			Dressing "Lite" creamy dressing		Dressing: low fat mayonnaise mixed with lemon juice and herbs		
SNACKS	SNACKS	SNACKS	SNACKS	SNACKS	SNACKS	SNACKS	SNACKS
Fruit (OPTIONAL)	Pear	Banana	Grapes	Prunes	Banana	Apple	Plums
MAIN MEAL	FISH	CHICKEN	FISH	BEANS	LAMB	TAKE OUT	BEEF
Protein	Hake tomato curry*	Roast chicken (skin removed afterwards) served with achar and chutneys	Baked kingklip in a onion tomato garlic sauce*	Bean vegetable curry* (using sweet potato)	Lean lamb curry*	Grilled chicken (skin removed afterwards) served with condiments	Minute steak stir fried with garlic and chillies
Starch (optional)	Brown basmati rice		Corn on the cob	Small chapati	Kitchari	Spicy rice	Corn on the cob
Vegetables/Salads	Curry green beans and cauliflower	Roasted vegetables including baby potato with skin, butternut, carrots, baby marrow, peppers and mushrooms	Carrot salad, beetroot salad and green salad	Large green salad (using kale and baby spinach)	Peas and large mix salad	Coleslaw and Portuguese salad	Ratatouille (brinjals, okra, baby marrow stewed with tomato and onion)
Fat (cooking)							
TO DRINK	TO DRINK	TO DRINK	TO DRINK	TO DRINK	TO DRINK	TO DRINK	TO DRINK
Tea/coffee	Tea/coffee	Tea/coffee	Tea/coffee	Tea/coffee	Tea/coffee	Tea/coffee	Tea/coffee
Water	Water	Water	Water	Water	Water	Water	Water
Herbal/Rooibos Tea	Herbal/Rooibos Tea	Herbal/Rooibos Tea	Herbal/Rooibos Tea	Herbal/Rooibos Tea	Herbal/Rooibos Tea	Herbal/Rooibos Tea	Herbal/Rooibos Tea

* Recipes available from www.nutritionalsolutions.co.za
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