

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.



✦ 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.

✦ Whole Grains/Starch



HOW TO USE THE PLATE MODEL

- ✦ Mark a line across the centre of a 22 cm plate.
- ✦ Divide the one half of this plate into two equal sections
- ✦ You need to consult your dietician with regard to the timing of your meals/snacks, as well as the quantity of food you need to consume. They can provide an individualised plan taking your activity level, age, gender, weight status and medication into consideration.



✦ Vegetables

✦ 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.

✦ Proteins



✦ 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.



TYPE 1 & TYPE 2 DIABETES - TRADITIONAL STYLE OF EATING



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This menu illustrates healthy types of food all people with diabetes can enjoy in a traditional 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	BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST
Milk/Protein	Low fat/fat free milk	Low fat/fat free milk	Baked beans served with tomato onion relish	Low fat/fat free milk	Inkomazi	1 Egg boiled and sliced	Low fat/fat free milk
Starch	Cooked rolled oats porridge	Cooked sorghum porridge	Health/low GI heavy bread	Cooked rolled oats porridge	Reheated "putu" pap	Health/low GI heavy bread	Cooked oat bran porridge
Fruit	Banana	Apple	1 Pear sliced	Orange	Cubed paw paw	Apple	Banana
LIGHT MEAL	SANDWICH	LEFT OVER FROM SUPPER	FRUIT	LEFT OVER FROM SUPPER	SANDWICH	TAKE OUT	SALAD
Protein	1 Small can silver sardines (all oil drained)	Two bean curry	Inkomazi	Tshivhindi - liver stewed with tomato, chillies and onion	Boiled eggs sliced and served with "lite" mayonnaise on	Small portion chicken (skin removed afterwards)	1 Small tin of pilchards flaked into a salad
Starch	served on health/low GI heavy bread with tomato (no margarine)	Stampkoring (pearl wheat)	enjoyed with health/ heavy bread	Cold "pap" reheated	Health/heavy Low GI bread	Small portion rice (no bread/chips)	Heavy health/seed bread
Vegetables: salads/soups	Orange	Stewed green beans and carrots	Apple	Stewed cabbage and pumpkin	Mix salad - tomato and cucumber	Coleslaw and mix salad	Salad made from a variety of salad ingredients
Fat (dressing/cooking)							Dressing: canola oil mixed with vinegar and herbs
SNACKS	SNACKS	SNACKS	SNACKS	SNACKS	SNACKS	SNACKS	SNACKS
Fruit (OPTIONAL)	Apple	Banana	Pear	Grapes	Peach	Orange	Naartjies
MAIN MEAL	BEAN CURRY	STEWED SPINACH	LIVER	FISH	CHICKEN	BEEF	CHICKEN FEET
Protein	Two bean curry (butter and kidney beans)	Stewed spinach with onion and peanut butter	Tshivhindi - liver stewed with tomato, onion and chillies	Hake dusted with flour and pan fried in a little oil	Chicken curry	Beef onion and tomato stew	Kwanda (chicken feet stewed with tomato, onion and chilli)
Starch (optional)	Stampkoring (pearl wheat)	Samp and beans	Cold "pap" reheated	Boiled baby potatoes in skin	Tastic rice	Stampkoring (pearl wheat)	Samp and beans
Vegetables/Salads	Stewed marogo and carrots	Beetroot and gem squash	Stewed cabbage and butternut	Curry green beans and carrots	Stewed spinach and beetroot salad	Green peas and gem squash	Pumpkin and stewed marogo
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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