

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

✦ 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



✦ 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.



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 (VEGETARIAN)



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This menu illustrates healthy types of food all people with diabetes can enjoy in an Indian, vegetarian style way 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	YOGHURT	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	Low fat/fat free plain yoghurt	Low fat/fat free milk	Lentil tomato curry served on
Starch	Cooked rolled oats served with with cinnamon	High fibre low fat low sugar muesli	Health/rye bread/toast	High fibre cereal	Health/rye bread toast	Cooked oatbran porridge	Health/rye bread
Fruit	Apple sliced	Strawberries	Cubed paw paw	Grapes	Fresh fruit salad	Peach sliced	Cubed melon
LIGHT MEAL	GREEK SALAD	QUINOA SALAD	CURRIED BEANS ON TOAST	COTTAGE CHEESE ON CRACKERS	DHAL AND RICE	LENTILS AND RAITA	BREYANI
Protein	Feta cheese	Ricotta cheese	Curry beans	Low fat chunky/ smooth cottage cheese	Moong dhal	Low fat yoghurt raita (mix in grated cucumber)	Sour milk
Starch	bean sprouts		scooped onto a slice of health seeded toast and served with salad	topped onto corn thin crackers with Jalepenos	and brown rice served with	served with brown lentils	served with cooked breyani
Vegetables: salads/soups	mixed with a variety of salad ingredients including	mixed with a variety of salad ingredients including cooked quinoa	Sambal: tomato cucumber, avocado and coriander chopped finely	Serve with vegetable crudites: carrot, red pepper and celery	Sambal: tomato cucumber, avocado and coriander chopped finely	and bulk up with chopped tomato, onion, cucumber and coriander	and a mix green salad
Fat (dressing/cooking)	Greek vinaigrette	Basil pesto					
SNACKS	SNACKS	SNACKS	SNACKS	SNACKS	SNACKS	SNACKS	SNACKS
Fruit (OPTIONAL)	Kiwi fruit	Banana	Grapes	Prunes	Banana	Apple	Plums
MAIN MEAL	LENTIL BAKE	BAKED MELANZANE	BEAN CURRY	TOFU CURRY	CHICK PEA AND SPINACH CURRY	RED BEAN BURGER	SOYA STIR FRY
Protein	Lentil bake*	Ricotta cheese and spinach*	Kidney and butterbeans made into a curry	Tofu curry*	Chickpeas and baby spinach curry	Grilled red bean burger topped with cottage cheese and jalapenos	Soya strips marinated in low fat yoghurt coriander and chillies
Starch (optional)		layered with grilled aubergine and tomato base sauce and cheese	Pearl wheat (stampkoring)	served with cooked quinoa	served with brown basmati rice		
Vegetables/Salads	Beetroot and carrot salad	Large green salad	Butternut and green pea curry	Asian slaw (chopped ginger, baby spinach, lemon grass, peanuts and coconut shavings)	Carrot and green salad	Served on a bed of lettuce, avocado pear, made into guacamole and topped with tomato onion salsa	made into a stir fry using peppers, spinach, cabbage and carrots (julienne cut)
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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