

LIVE A HEALTHY LIFESTYLE

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

The healthy diabetes plate⁵

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

✦ Fill half of the plate with a variety of non-starchy vegetables, such as spinach, carrots, lettuce and other greens, cabbage, green beans, broccoli, cauliflower, tomatoes, cucumber, beets, mushrooms and peppers.

✦ Fill one of the quarter sections with starchy foods, such as whole grain breads (e.g. wholewheat or rye), whole grain high-fibre cereal, cooked cereal (e.g. oatmeal), brown or long grain rice, pasta, baby potatoes, green peas, sweet potatoes, whole grain crackers and fat free popcorn.

Fruit

✦ Add 2-3 servings of fruit per day. One serving is a medium portion of fruit (e.g. oranges, apples, pears or small bananas), or two small fruit (e.g. plums or peaches), or three quarter of a cup of fresh fruit salad. Instead of eating fruit with meals, these can be used as snacks between meals.



✦ Vegetables

✦ Starch/Grains/Bread



✦ Proteins



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.

Dairy

✦ Add 2 servings of dairy per day e.g. a glass (240 ml) of non fat or low fat milk, or 180 ml of light yoghurt.

✦ Fill the last quarter of the plate with meat substitutions, such as skinless chicken and turkey portions, fish and other seafood, lean cuts of beef and pork (e.g. sirloin, fillet or pork loin), tofu, soya, eggs and low fat cheese. Avoid processed meats (e.g. salami, vienna sausages and polony), which are high in fat and salt.

✦ You need to see your dietitian with regard to the timing of your meals and snacks – according to the treatment you are on. It is best to consult a dietitian to assess your individual dietary needs



TYPE 1 & TYPE 2 DIABETES - WESTERN STYLE OF EATING



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This menu illustrates healthy types of food all people with diabetes can enjoy in a Western 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	YOGHURT	MILK	CHEESE	SMOOTHIE	EGGS	MILK	BAKED BEANS
Milk/Protein	Low fat/fat free plain yoghurt	Low fat/fat free milk	Ricotta cheese served with sliced tomato and basil pesto	Smoothie - * blend banana, low fat milk, low fat plain yoghurt and	Poached/scrambled egg served with stir fry onion and mushrooms	Low fat/fat free milk	Baked beans served with stir fry tomato and onion
Starch	Swiss oats*	Low sugar, low fat muesli	Health seed bread/ toast	oat bran and peanut butter	on rye bread/toast	High fibre cereal	Health seed bread/ toast
Fruit	(grated apple in oats)	Cupped paw paw	Strawberries		Cubed melon	Fresh fruit salad	Mango, sliced
LIGHT MEAL	TUNA LENTIL SALAD*	KIDNEY BEAN SOUP	PACKED LUNCH	PEPPERED MACKEREL AND CORN SALAD*	LEFT OVER FROM DINNER	RESTAURANT	OPEN SANDWICH
Protein	Canned tuna chunks (oil drained) made into a	Kidney beans (canned) added to a	Chunky cottage cheese (pepperdew flavour) served with	Peppered mackerel flaked into a salad	Quick fish and butternut goulash	Chicken salad	Mashed silver sardines (oil drained) served with
Vegetables: salads/soups	salad using a variety of salad ingredients	pre prepared vegetable soup	Rosa tomatoes, gherkins, baby carrots and mangetout on	made from a variety of salad ingredients including	Steamed broccoli and cauliflower	and a side salad	tomato and tomato sauce on
Starch	including canned lentils	Wholewheat low fat crackers	Whole grain low fat crackers	canned corn kernels	Lentil rice	served with rye/health bread/toast	Rye bread/toast topped with sliced cucumber and sliced avocado pear
2 Units Fat (dressing/cooking)	Dressing: Herb and mustard			Dressing: Olive oil vinaigrette			
SNACKS	SNACKS	SNACKS	SNACKS	SNACKS	SNACKS	SNACKS	SNACKS
Fruit (OPTIONAL)	Apple	Strawberries	Grapes	Orange	Peach	Mango	Naartjies
MAIN MEAL	BEEF STIR FRY	BAKED FISH	CHICKEN CASSEROLE	FISH GOULASH	OSTRICH/BEEF MINCE BALLS	GRILLED PORK	BAKED FISH
Protein	Beef cut into strips and made into a stir fry using soya and sweet chilli sauce	Baked salmon with coriander cashew nut crust*	Chicken, prune and sweet potato casserole*	Quick fish and butternut goulash*	Ovenbaked ostrich/ beef mince balls*	Sesame seed and ginger pork fillets*	Hake baked in a onion tomato and mushroom sauce*
Starch (optional)			Pearl wheat (stampkoring)	Brown / wild rice			
Vegetables/Salads	and stir fry vegetables - spinach, carrots (julienne cut) baby corn, Rosa tomatoes and mushrooms	Gem squash stuffed with minted peas and carrot salad	Steamed pumpkin and green baby spinach salad	Carrot pineapple and beetroot salad	Green beans stir fry with leeks garlic - topped with almond flakes and coleslaw	Beetroot salad, three bean salad and greek salad	Roasted vegetables: butternut, carrots, baby marrow, mushrooms and peppers
Fats (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