



Healthy Food Guide

Breakfast

Lunch

Dinner

Here's how to **eat healthy**
if you are living with diabetes,
high blood pressure, cholesterol,
or if you want to lose weight.

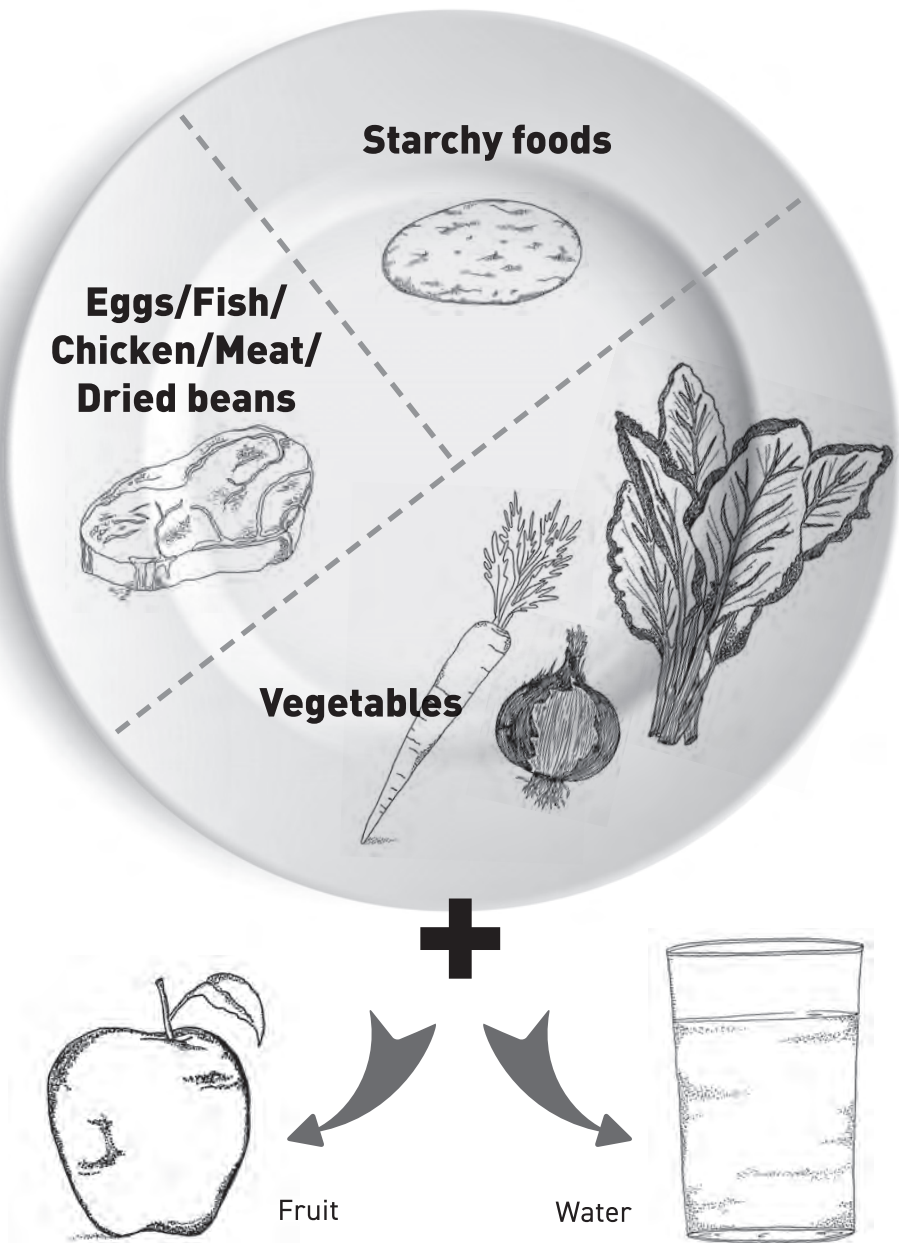
Remember these basics

- » Don't skip meals.
- » Eat vegetables every day.
- » Eat dry beans, split peas, lentils and soya regularly.
- » Choose oils rather than hard fats.
- » Don't use too much salt or eat salty foods.
- » Avoid sugar.
- » Drink 8 glasses of water a day.
- » Be more active.

Disclaimer:

All people with diabetes require an individualised treatment plan that is developed by your diabetes healthcare team with your specific requirements in mind. Especially for people with Type 1 diabetes, your use of insulin or medication is coordinated with the type and timing of your meals. Your dietitian and wider diabetes team can help you to design your regimen around your needs and lifestyle to build in the maximum amount of flexibility possible. Please consult with your diabetes healthcare team for more information.

My plate



Vegetables



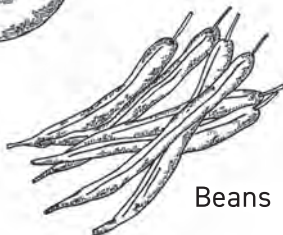
Half
plate
portion
size



Onion



Tomato



Beans



Cabbage

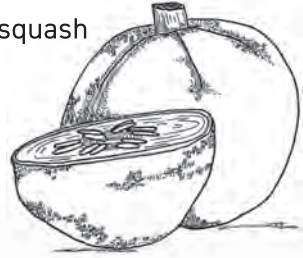


Pumpkin

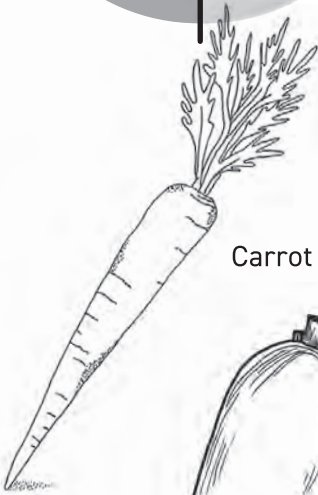
Vegetables

**Half
plate
portion
size**

Gem squash



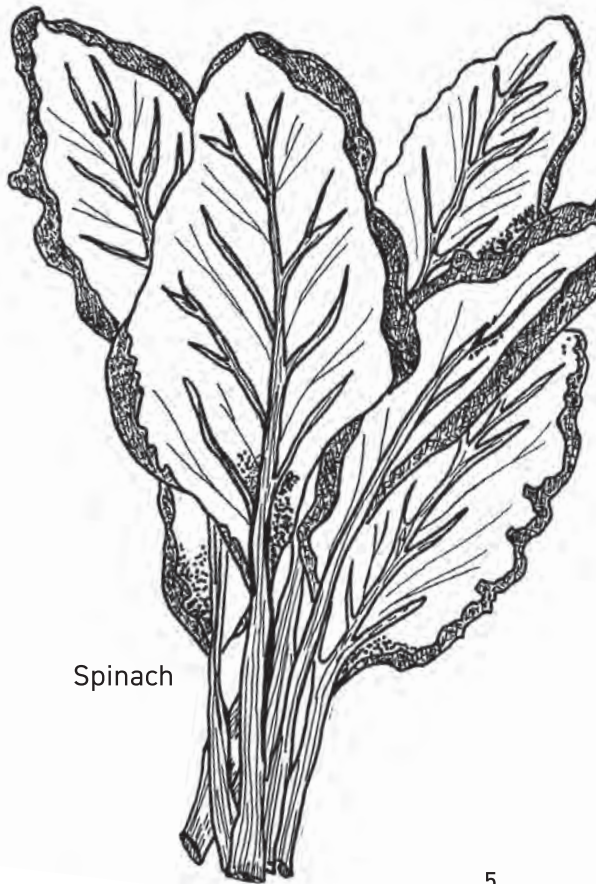
Carrot



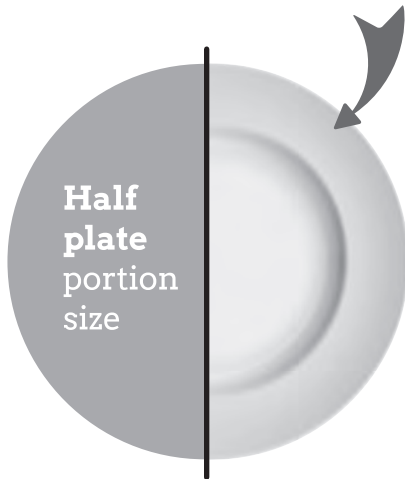
Butternut



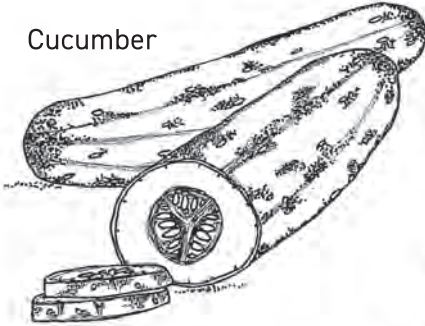
Spinach



Vegetables



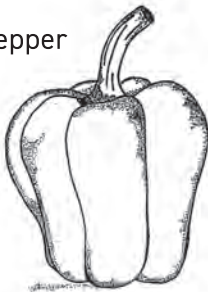
Cucumber



Broccoli and cauliflower



Pepper



Lettuce



Vegetables

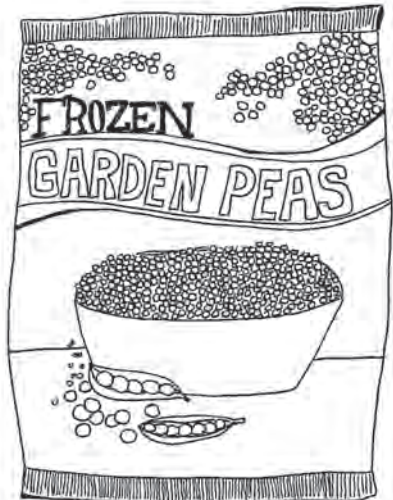


Half
plate
portion
size

Mushrooms



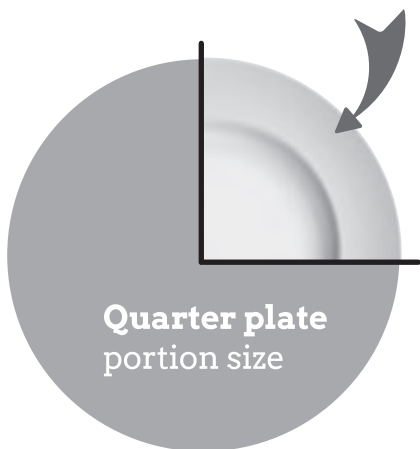
Frozen peas



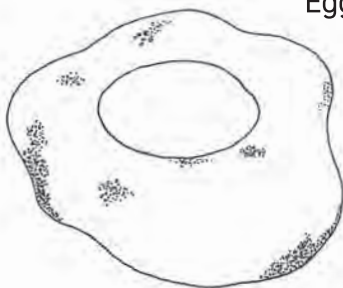
Frozen
vegetables



Eggs / Fish



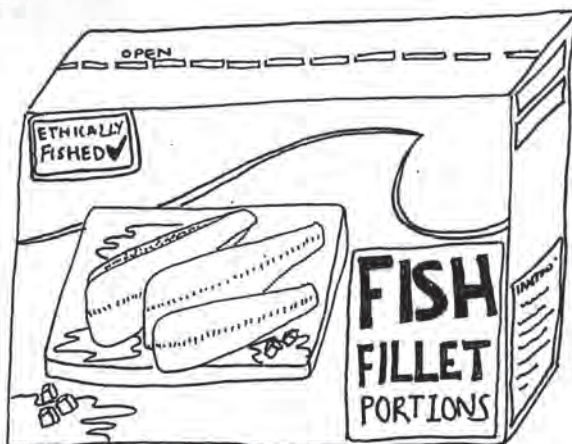
Egg



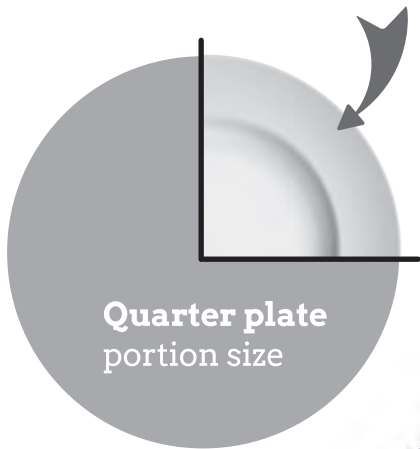
Canned fish



Frozen fish



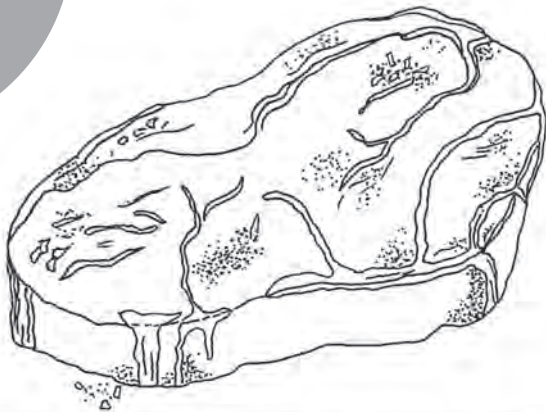
Chicken / Meat



Quarter plate
portion size



Skinless chicken

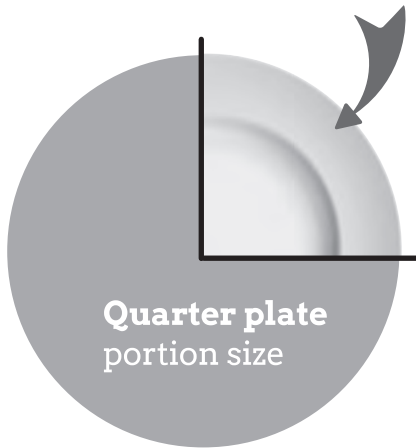


Lean meat



Mince

Dried beans / Dairy

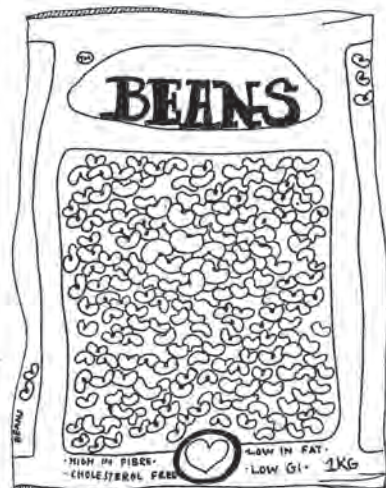


Quarter plate
portion size

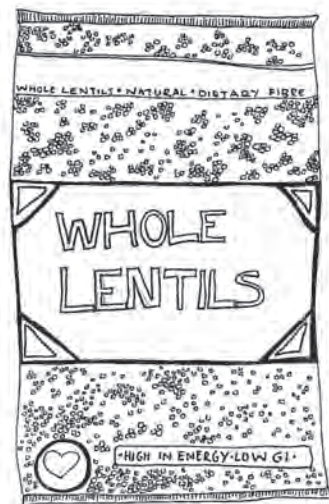
Split peas



Cooked beans



Lentils



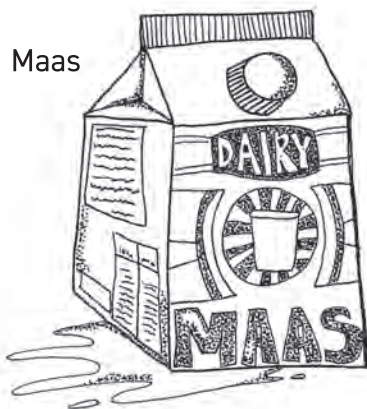


Baked beans

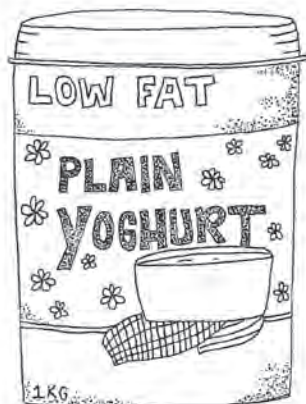
Soya mince



Maas

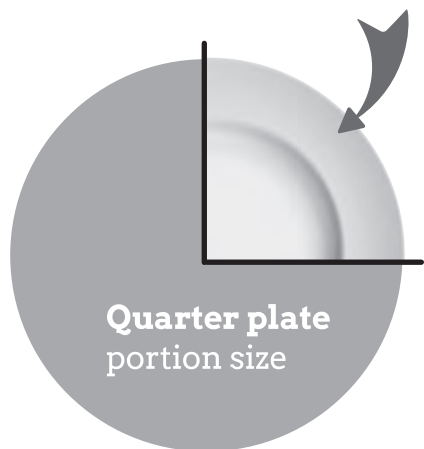


Milk

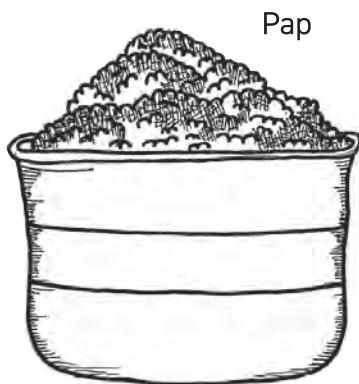


Plain yoghurt

Starchy foods

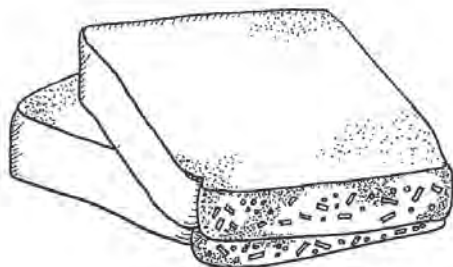


=



Pap

Samp



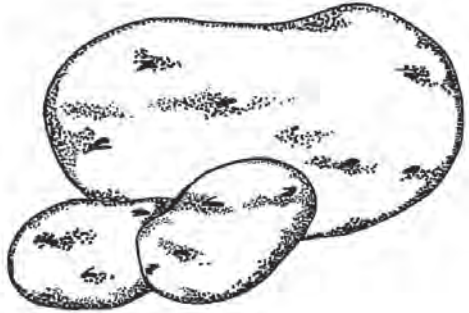
Whole wheat bread

Starchy foods



Quarter plate
portion size

Potato



Brown rice



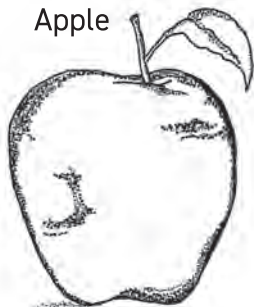
Whole wheat pasta



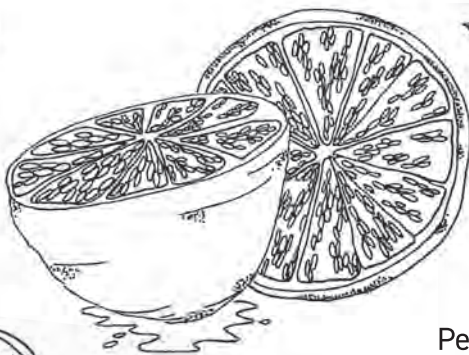
Fruit

**1 piece of fruit with each meal,
or as a snack.**

Apple



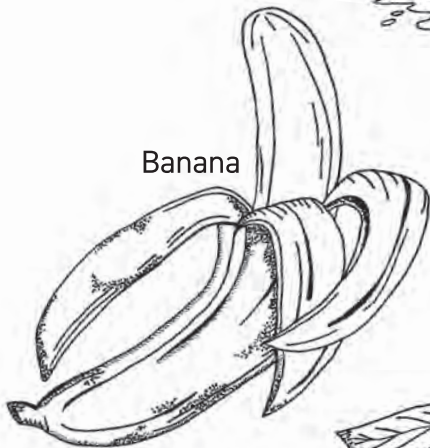
Orange



Pear



Banana



Naartjie



Mango



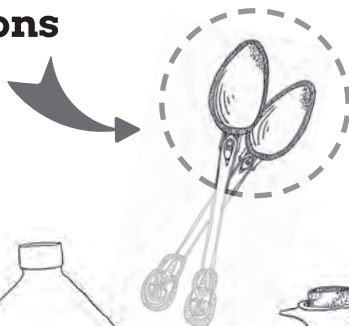
Peach



Oils

Choose from **these good fats**.

Two teaspoons
with a meal



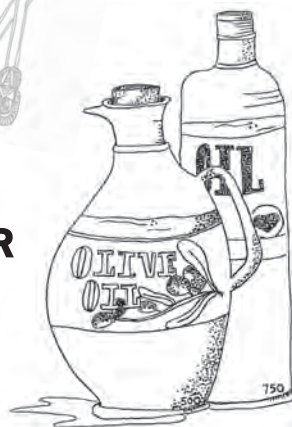
Sunflower oil

Canola oil



OR

Olive oil



Margarine



OR

Peanut butter



Quarter avo



OR

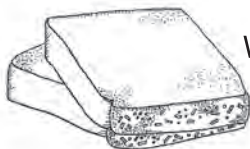
Peanuts



Make the right choices



Two slices



Whole wheat



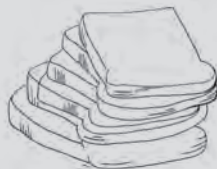
Lean meat



Skinless
chicken



Fresh
vegetables



Many slices



White bread



Fatty meat



Chicken
with skin



Canned
vegetables



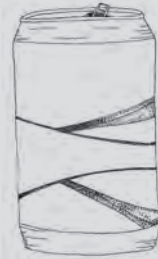
Low-fat milk



Water



Full cream milk



Sugary drink



Brown rice



White rice



Whole wheat pasta



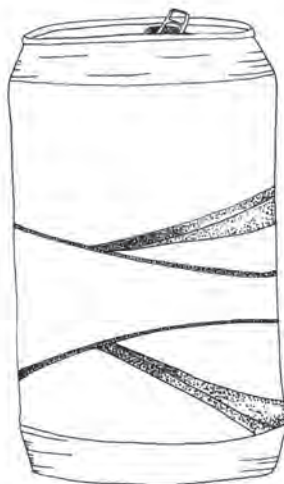
Regular pasta

Foods to avoid

These foods have **too much sugar**



Sugar



Sugary drinks



Chocolate & sweets



Cake & cookies



Fruit juices



Honey
& jam



Muffins, doughnuts
& cupcakes



Custard



Processed cereal

Foods to avoid

These foods have **too much salt**
and **bad fats**

Salt raises
blood pressure = higher risk
of stroke



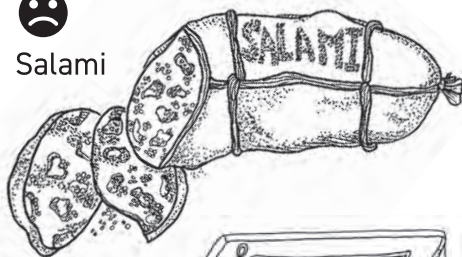
Vetkoek



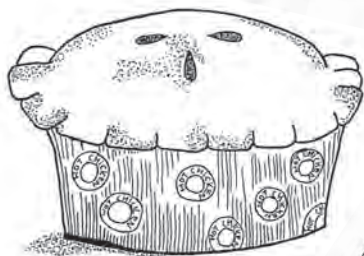
'Slap' chips



Salami



Pies



Samosas

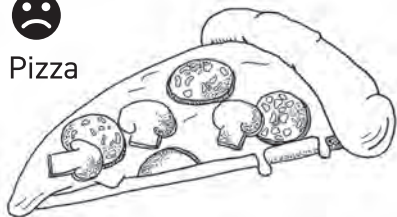


Corned beef





Pizza



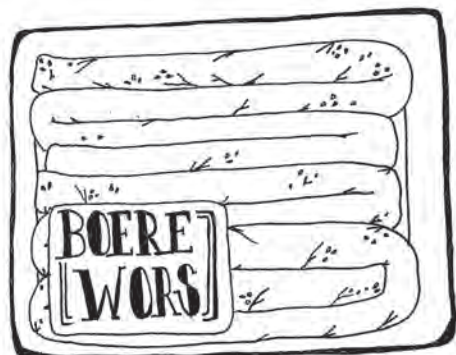
Chips & salty snacks



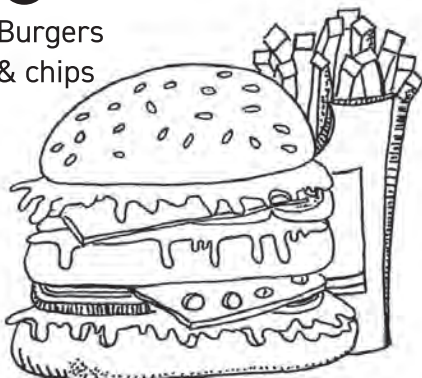
Polony



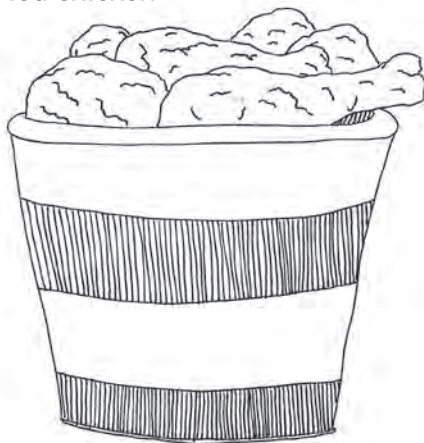
Boerewors



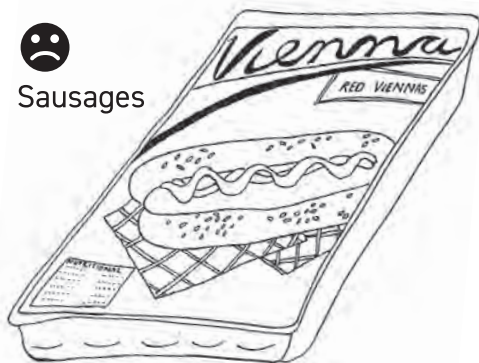
Burgers & chips



Fried chicken



Sausages



Meal Plans

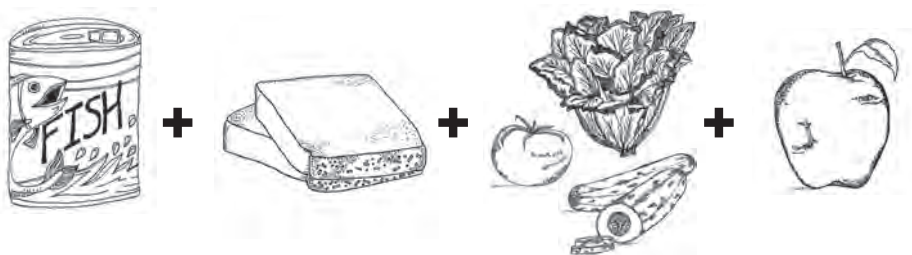
Ideas for healthy meals

Day 1

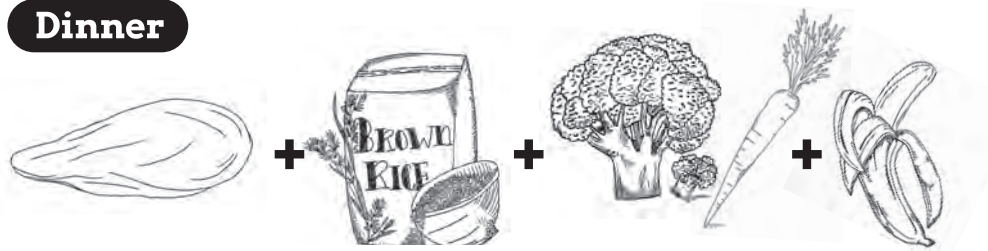
Breakfast



Lunch



Dinner



Remember
your plate
portions



Day 2

Breakfast



+



+



Lunch



+



+



+



Dinner



+



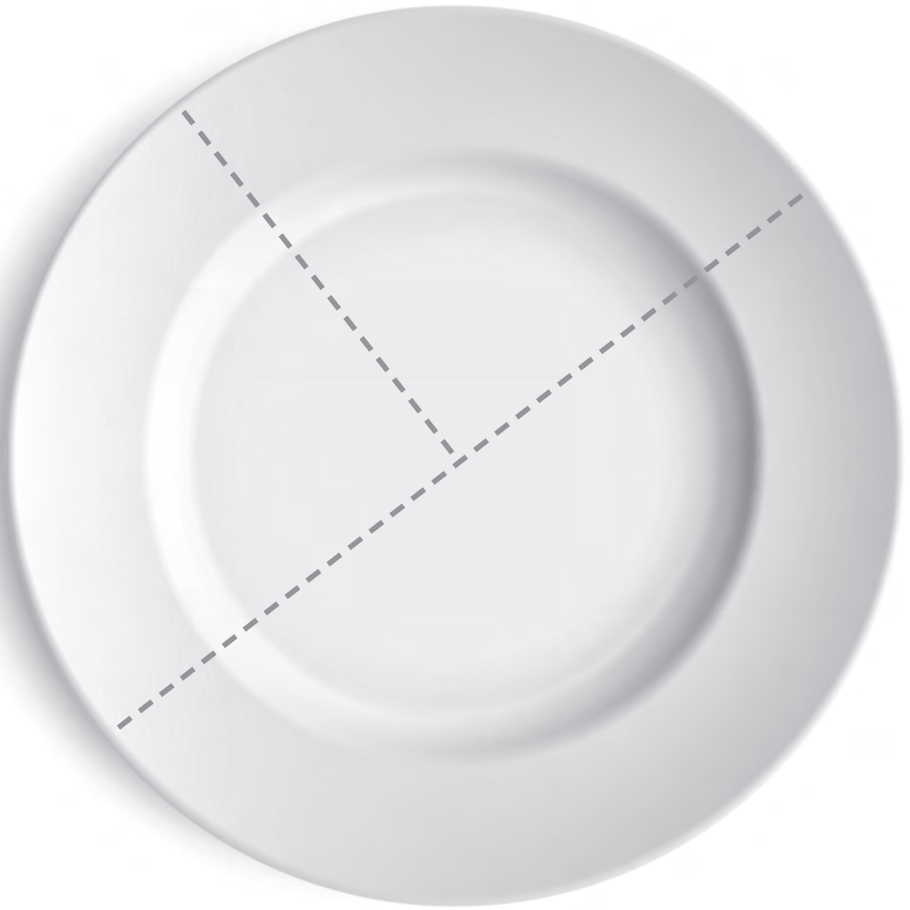
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Your meal plan





Breakfast

	+		+		+	
--	---	--	---	--	---	--

Lunch

	+		+		+	
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Dinner

	+		+		+	
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Notes

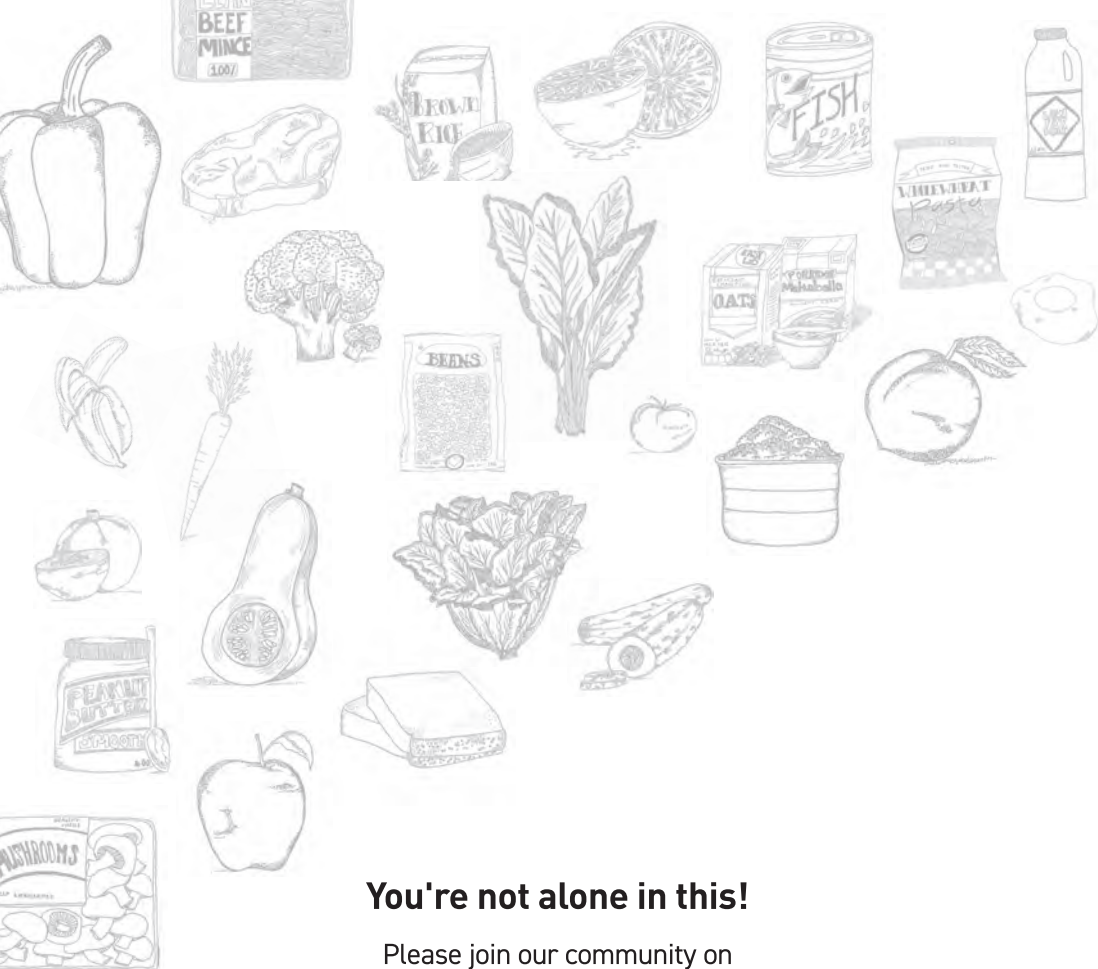
This image shows a single sheet of white paper with horizontal ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.

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Pick n Pay



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