



DIABETES

Your Guide to Healthy Eating with Diabetes

What is a Healthy Meal?

A healthy meal is one that provides the right balance of nutrients your body needs to function well, maintain energy, and support overall health

Choosing water over sugary drinks or fruit juice also goes a long way when eating healthier

Maintain a consistent eating schedule and avoid missing or delaying meals*



Carb Watch!

Knowing how fast each carbohydrate type converts to sugar in the body can actually help you maintain better control of your blood sugar levels!



Simple carbohydrates break down quickly in the body, and can cause a rapid increase in blood sugar levels.

Sugars



These complex carbohydrates are converted into sugar depending on how processed the food is and how much fibre it contains

Starches



Fibre



The indigestible component of complex carbohydrates which promotes fullness and slows digestion and sugar absorption

A simple guideline is to *choose whole grains and less processed foods like brown rice & fresh fruit* for their higher fibre content, instead of refined carbohydrates like white rice & fruit juice

01 Eating at Home

- Steam, bake, boil, grill, or stir-fry your food
- Use healthier oils and reduce salt when cooking
- Choose lean meats like chicken breast or ground beef, and remove any visible fat
- Choose wholegrains instead of refined grains



Eating Out

02

- Choose foods that are steamed, baked, or boiled, avoid fried foods when possible
- Opt for wholegrain options and salads with non-cream-based dressings
- Drink water or beverages with little to no added sugar
- Choose fresh fruit instead of sugary desserts



03 Food Shopping Tips & Tricks

- Plan ahead. Make an itemized shopping list before heading to the stores
- Never shop when you're hungry
- Steer clear of the snack aisles
- Take note of food labels
- Look for foods with the Healthier Choice Symbol, and choose drinks with A or B Nutri-Grade Marks



Eat All Foods in Moderation





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Food Labels Explained

Sugar-free or No Sugar
Added foods can still contain carbohydrates

Foods that are high in fibre
should contain at least 4g of total fibre per serving



Compare food labels using the “**Per 100g**” values, as serving sizes can differ between products

Low-fat foods should contain no more than 3g of total fat per 100g or 1.5g per 100ml

Low sodium foods should contain 120mg or less per 100g

Hiding in Plain Sight: Beware of alternative names



Sugar

It can be indicated as Sucrose, Malrose, Fructose, Maple Syrup, Corn Syrup or Cane Sugar



Salt

It can be indicated as Monosodium Glutamate (MSG), Sea Salt, Stock Cubes, Baking Soda or Sodium Bicarbonate



Keeping your kitchen junk food free

01

Avoid

Placing unhealthy snacks such as potato chips or cookies where its accessible makes it easy to give in to cravings

02

Healthier Choice

Keep healthier alternatives such as fruits, wholegrain foods, nuts, etc. Build the habit to purchase and reach for healthier options

03

Eye Level

Keep fresh produce in easy-to-reach spots so you're more likely to use them

04

Portion Control

Use smaller plates and bowls when eating to help you control your serving portions. It is important to reduce calorie intake to be inline with the needs of your body



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