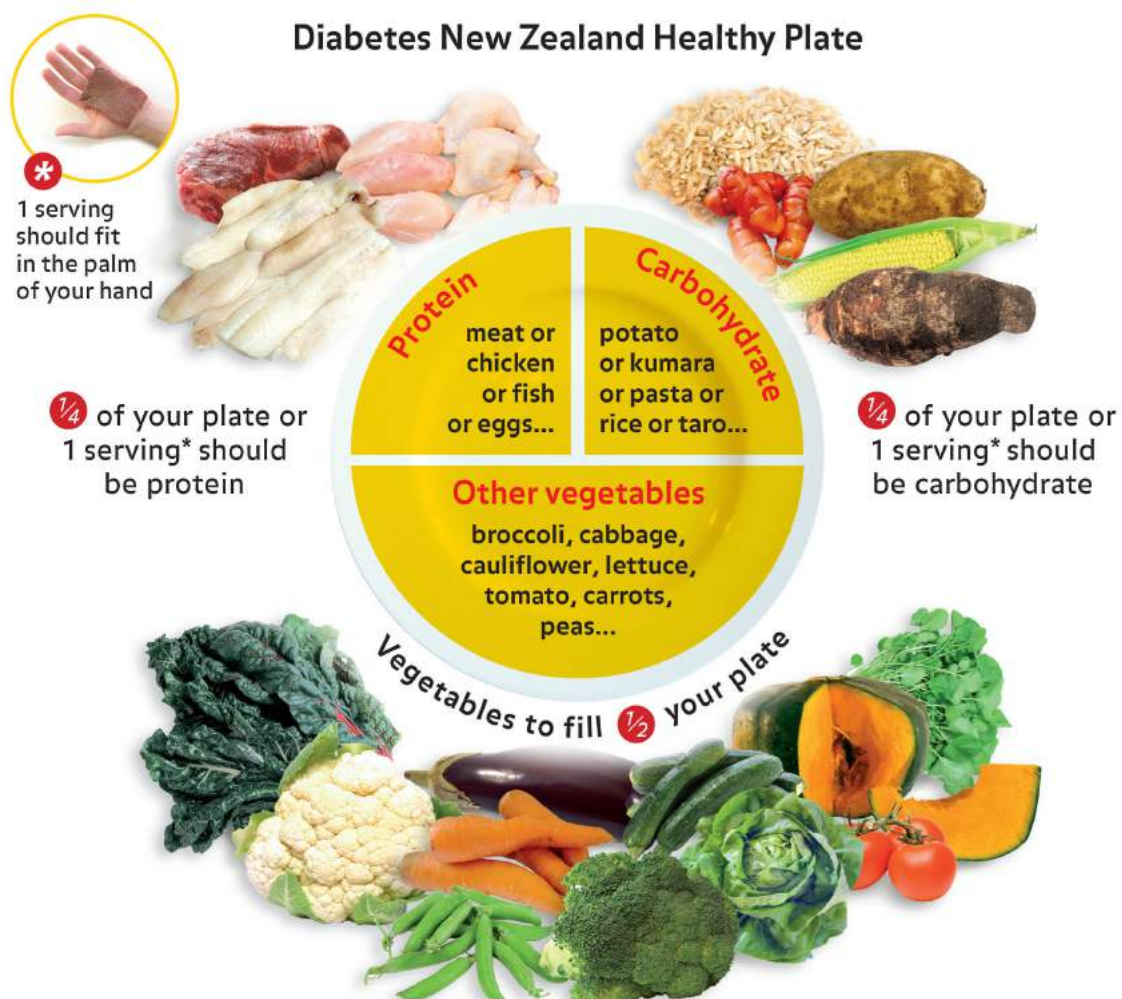


# Essentials of healthy eating

An essential part of healthy eating is filling your plate with plenty of vegetables and fresh fruit, whole grains, lean meat, fish, eggs, lower fat and sugar dairy products as well as healthy oils and nuts. Eating the right quantities of different foods is also important for your overall health.

Base your portions on this plate. At your next meal, consider whether the different types of food served fit into the plate model?



For overall health we also need a range of foods from each of the main food groups.

## FRUIT AND VEGETABLES:

- Fruit and vegetables are rich sources of vitamins, minerals and fibre.
- Eat up to 2-4 servings of fruit spread throughout the day.
- One serving is:



1 orange



1 small or  
½ large banana



1 cup of  
berries



½ cup  
canned peaches  
in natural juice



½ cup  
canned pears  
in natural juice



1 medium apple



15 grapes



2 kiwifruit

- Eat at least 3-4 servings of non-starchy vegetables each day.
- One serving is:



½ cup cooked  
mixed vegetables



1 cup  
salad



1 tomato



1 carrot



½ cup  
frozen beans



½ cup  
cooked broccoli



1 cup  
coleslaw



1 wedge  
pumpkin


## STARCHY VEGETABLES, BREADS, CEREALS AND GRAINS:

- These are carbohydrate foods that break down into glucose (sugar) in the body. Too much carbohydrate may increase blood glucose above desirable levels for someone with diabetes.
- Aim to have some carbohydrate at each meal.
- Eat a similar amount of carbohydrate at each meal.
- Individual needs vary. 2-3 serves per meal may suit many people. A dietitian is the best person to help you work out your individual carbohydrate requirements. This will depend on your weight, activity levels, medication and blood glucose control, and it is particularly important for people using insulin or some forms of diabetes tablets to seek expert advice on their food intake as this will differ from person to person.
- Choose foods high in fibre.
- One serving of bread, cereal or starchy vegetable is:







### Starchy vegetables

					
1 small potato	1/2 small kumara	1/2 green banana	1/2 cup taro	1/2 cup corn kernels	1/2 cup of yams

### Breads and cereals

					
3 Ryvita crackers	1 1/2 Weetbix	1/4 cup of raw oats	1 small roti	1 medium slice of wholegrain bread	1/2 a wholemeal bun

### Grains and legumes

					
1/3 cup of rice	1/3 cup of pasta	1/4 cup of baked beans	1/2 cup of canned red kidney beans	1/3 cup of cooked couscous	1/2 cup of cooked dhal

## MEAT:

- Eat 1-2 servings of meat, chicken or fish each day.
- Aim to have several meatless meals a week using legumes and eggs.
- Legumes are slowly digested carbohydrate foods so they are less likely to increase blood glucose levels outside of the ideal range. If eaten in large amounts they can still increase blood glucose above desirable levels.
- Aim to eat fish at least twice a week.
- One serving is 100-150g of meat, chicken or fish. The amount of meat, chicken or fish that fits into the palm of your hand is a good guide.



1/3 cup of  
cottage cheese



1 egg



1/2 cup of tuna  
in water



2 small  
fish fillets



1 cup of  
mussels



1 small  
chicken breast



1/2 cup of  
lean mince



120g of roast  
lamb (2 slices)

## MILK & MILK PRODUCTS:

- Choose 2-3 servings of milk and milk products each day.
- These are a good source of protein and calcium.
- Milk contains carbohydrates as milk sugars (lactose). Drinking large quantities will raise blood glucose above desirable levels.
- One serving is:



1 cup low fat  
milk



1 pottle low fat,  
low sugar yoghurt

Diabetes New Zealand is a leading national organisation and registered charity. Our aim is to support all people affected by diabetes to live well through: Providing information and support to help people take charge of their health • Acting as an advocate and representing all people with, or at risk of developing, diabetes • Raising awareness of diabetes, especially around lifestyle factors that can help prevent or delay type 2 and help manage and control type 1 and type 2.