

What is a healthy balanced diet?

All of us, whether we have diabetes or not, need to nurture our body with the right foods and nutrients.

Make sure you eat lots of vegetables to get the fibre, vitamins and minerals you need. Choose wholegrain, unprocessed starchy foods to provide the body with energy. Red meat should not be too fatty. In addition eat poultry and fish, especially fish like snapper and mackerel, which contain healthy oils. Eat small portions of whole fruits but limit smoothies and fruit juices. Avoid added sugar in processed foods and drinks, saturated fat in oils like palm oil and butter, and added salt.

If you have type 2 diabetes it is useful to think of reducing how much starchy foods and sugar you eat in one meal. Reducing the portion size will help your body manage your blood sugar.

**Limit foods with
added sugar, salt
and saturated fat**



**1-2 portions of fruit
per day**



**Proteins, beans,
fish, lean meat &
low-fat dairy**



**Unprocessed
starchy foods &
wholegrains in
healthy portion
sizes**



**3 or more portions
of vegetables each
day**



HEALTHY EATING & ACTIVE LIFESTYLES FOR DIABETES

10 healthy eating tips for healthier diabetes

Use the following guidance to help you choose a range of foods so you get a balance of all the nutrients and types of food your body needs to be healthy

1. **Cut down your starchy carbohydrates.** Limit yourself to a single starch portion in one sitting (for most starchy carbohydrates this is about the size of a fist or handful). You can have up to 5 portions of this size throughout the day.
2. **Eat more vegetables.** Fill up your plate with more vegetables, like okra, spinach, eggplant & greens.
3. **Fill up with fibre.** Use peas, beans, and wholegrain in your meals.
4. **Eat more fish, cut down on red meat.** Eat oily fish at least twice a week.
5. **Avoid sugary drinks.** Drink water, unsweetened teas and sugar-free drinks. Save sugary punches and fruit juice for an occasional treat.
6. **Eat whole foods.** Focus on eating whole foods where you can e.g the whole fresh vegetable or tuber, brown rice and whole grains.
7. **Cut down on oil.** Reduce the amount of oil you use in cooking, particularly palm oil.
8. **Cut down on salt.** Boost flavour with fresh herbs not salt.
9. **Make room for celebration foods!** Some of your favourite foods may fall outside these guidelines, save them for special occasions then enjoy them wholeheartedly when you do eat them.
10. **Get more active after eating.** A gentle walk after eating can help your blood sugar control.