NUTRITIOUS HEALTHY FOOD AS PART OF A HEALTHY LIFESTYLE

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

The healthy food plate

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

Fruit

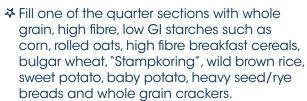
portions can be enjoyed. One serving is a medium portion of fruit (e.g. oranges, apples, pears or small bananas), or two small fruit (e.g. plums), or one cup of fresh fruit salad. Instead of eating fruit with meals, these can be used as snacks between meals.



- ★ Mark a line across the centre of a 22 cm plate.
- ♣ Divide the one half of this plate into two equal sections
- ★ You need to consult your dietician with regards the timing of your meals/snacks, as well as the quantity of food you need to consume. They can provide an individualised plan taking your activity level, age, gender, weight status and medication into consideration.



₹ Fill half of the plate with a variety of vegetables, such as spinach, carrots, lettuce, gem squash, carrots, peas, butternut, beetroot, cabbage, green beans, broccoli, cauliflower, tomatoes, cucumber, mushrooms, peppers, asparagus, egaplant and baby marrow.







Scanning this QR code will take you directly to our Diabetes Patient Support Portal where you will find valuable information and tools for the management of diabetes or go to www.sanofi.co.za and search "Diabetes" then select Diabetes Patient Support Portal.



₹ Fill the last quarter of the plate with protein rich foods, such as skinless chicken and turkey, fish and other seafood, lean cuts of beef and pork (e.g. sirloin, fillet or pork loin), tofu, soya, eggs and legumes (e.g. lentils, dry beans and chickpeas). Avoid processed meats (e.g. salami, vienna sausages and polony), which are high in saturated fat and salt.

Dairy

₹ Enjoy low fat dairy products daily such as low fat or fat free milk or low fat/fat free yoghurt and low fat soft cheeses.

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TYPE 1 & TYPE 2 DIABETES - INDIAN STYLE OF EATING



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This menu illustrates healthy types of food all people with diabetes can enjoy in an Indian 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 | MILK | YOGHURT | CHEESE | MILK | EGGS | MILK | LENTILS |
| Milk/Protein | Low fat/fat free milk | Low fat/fat free yoghurt | Paneer cheese tomato curry (left over) served on | Low fat/fat free milk | Eggs poached/ scrambled served with stir fry onion and tomato curry | Low fat/fat free milk | Lentil tomato curry served on |
| Starch | Cooked rolled oats | High fibre low fat, low sugar muesli | Health seed bread/ toast | High fibre cereal | Rye bread/toast | Cooked oatbran porridge | Health seed bread/ toast |
| Fruit | Apple sliced | Strawberries | Cubed paw paw | Grapes | Fresh fruit salad | Peach sliced | Cubed melon |
| LIGHT MEAL | LEFT OVER CURRY | LEFT OVER FISH | CHICKEN AND CORN SALAD | MOONG DHAL | RICOTTA CHEESE AND CHICK PEA SALAD* | LEFT OVER CURRY | OPEN SANDWICH |
| Protein | Kadhi | Hake tomato curry* | Cold left over chicken (skin removed) made into a salad using a | Moong dhal* served with | Ricotta cheese | Lean lamb curry* | Mashed sardines/ pilchards served with |
| Vegetables: salads/soups | Vegetable curry - spinach,carrots and brinjals (no potato) | Curry green beans and cauliflower | variety of salad ingredients including corn kernels | | made into a salad using a variety of salad ingredients | Curry cauliflower and green beans | sliced tomato, pepper dews, achar and sliced avocado pear |
| Starch | Cooked kitchari | Brown basmati rice | | Whole wheat crackers | including canned chickpeas | Kitchari | Rye bread/toast |
| Fat (dressing/cooking) | | | Dressing "Lite" creamy dressing | | Dressing: low fat mayonnaise mixed with lemon juice and herbs | | |
| SNACKS | SNACKS | SNACKS | SNACKS | SNACKS | SNACKS | SNACKS | SNACKS |
| Fruit (OPTIONAL) | Pear | Banana | Grapes | Prunes | Banana | Apple | Plums |
| MAIN MEAL | FISH | CHICKEN | FISH | BEANS | LAMB | TAKE OUT | BEEF |
| Protein | Hake tomato curry* | Roast chicken (skin removed afterwards) served with achar and chutneys | Baked kingklip in a onion tomato garlic sauce* | Bean vegetable curry* (using sweet potato) | Lean lamb curry* | Grilled chicken (skin removed afterwards) served with condiments | Minute steak stir fried with garlic and chillies |
| Starch (optional) | Brown basmati rice | | Corn on the cob | Small chapati | Kitchari | Spicy rice | Corn on the cob |
| Vegetables/Salads | Curry green beans and cauliflower | Roasted vegetables including baby potato with skin, butternut, carrots, baby marrow, peppers and mushrooms | Carrot salad, beetroot salad and green salad | Large green salad (using kale and baby spinach) | Peas and large mix salad | Coleslaw and Portuguese salad | Ratatouille (brinjals, okra, baby marrow stewed with tomato and onion) |
| Fat (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 |
| | | | N44 - 1 | N44 - 1 | Water | Water | Water |
| Water | Water | Water | Water | Water | water | water | water |