

# 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

✦ A variety of fruits in controlled 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.



✦ Fill one of the quarter sections with whole grain, high fibre, low GI starches such as corn, rolled oats, high fibre breakfast cereals, bulgar wheat, "Stampkoring", wild brown rice, sweet potato, baby potato, heavy seed/rye breads and whole grain crackers.

### ✦ Whole Grains/Starch



### ✦ Proteins



✦ 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.

## HOW TO USE THE PLATE MODEL

✦ 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.

### ✦ Vegetables

✦ 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, eggplant and baby marrow.

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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](http://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
<b>BREAKFAST</b>	<b>MILK</b>	<b>YOGHURT</b>	<b>CHEESE</b>	<b>MILK</b>	<b>EGGS</b>	<b>MILK</b>	<b>LENTILS</b>
<b>Milk/Protein</b>	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
<b>Starch</b>	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
<b>Fruit</b>	Apple sliced	Strawberries	Cubed paw paw	Grapes	Fresh fruit salad	Peach sliced	Cubed melon
<b>LIGHT MEAL</b>	<b>LEFT OVER CURRY</b>	<b>LEFT OVER FISH</b>	<b>CHICKEN AND CORN SALAD</b>	<b>MOONG DHAL</b>	<b>RICOTTA CHEESE AND CHICK PEAS SALAD*</b>	<b>LEFT OVER CURRY</b>	<b>OPEN SANDWICH</b>
<b>Protein</b>	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
<b>Vegetables: salads/soups</b>	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
<b>Starch</b>	Cooked kitchari	Brown basmati rice		Whole wheat crackers	including canned chickpeas	Kitchari	Rye bread/toast
<b>Fat (dressing/cooking)</b>			Dressing "Lite" creamy dressing		Dressing: low fat mayonnaise mixed with lemon juice and herbs		
<b>SNACKS</b>	<b>SNACKS</b>	<b>SNACKS</b>	<b>SNACKS</b>	<b>SNACKS</b>	<b>SNACKS</b>	<b>SNACKS</b>	<b>SNACKS</b>
<b>Fruit (OPTIONAL)</b>	Pear	Banana	Grapes	Prunes	Banana	Apple	Plums
<b>MAIN MEAL</b>	<b>FISH</b>	<b>CHICKEN</b>	<b>FISH</b>	<b>BEANS</b>	<b>LAMB</b>	<b>TAKE OUT</b>	<b>BEEF</b>
<b>Protein</b>	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
<b>Starch (optional)</b>	Brown basmati rice		Corn on the cob	Small chapati	Kitchari	Spicy rice	Corn on the cob
<b>Vegetables/Salads</b>	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)
<b>Fat (cooking)</b>							
<b>TO DRINK</b>	<b>TO DRINK</b>	<b>TO DRINK</b>	<b>TO DRINK</b>	<b>TO DRINK</b>	<b>TO DRINK</b>	<b>TO DRINK</b>	<b>TO DRINK</b>
<b>Tea/coffee</b>	Tea/coffee	Tea/coffee	Tea/coffee	Tea/coffee	Tea/coffee	Tea/coffee	Tea/coffee
<b>Water</b>	Water	Water	Water	Water	Water	Water	Water
<b>Herbal/Rooibos Tea</b>	Herbal/Rooibos Tea	Herbal/Rooibos Tea	Herbal/Rooibos Tea	Herbal/Rooibos Tea	Herbal/Rooibos Tea	Herbal/Rooibos Tea	Herbal/Rooibos Tea

\*Recipes available from [www.nutritionalsolutions.co.za](http://www.nutritionalsolutions.co.za)