

# 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.



✦ Vegetables

✦ 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.



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](http://www.sanofi.co.za) and search "Diabetes" then select Diabetes Patient Support Portal.

# TYPE 1 & TYPE 2 DIABETES - WESTERN STYLE OF EATING (ON A BUDGET)



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This menu illustrates healthy types of food all people with diabetes can enjoy in a Western style of eating, on a budget.

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>YOGHURT</b>	<b>MILK</b>	<b>SMOOTHIE</b>	<b>FISH</b>	<b>EGGS</b>	<b>MILK</b>	<b>BAKED BEANS</b>
<b>Milk/Protein</b>	Low fat/fat free plain yoghurt	Low fat/fat free milk	Smoothie - *blend banana, low fat milk, low fat plain yoghurt and	Tomato pilchards mashed and serve with slivered tomato and cucumber	Poached/scrambled egg served with stir fry onion and mushrooms	Low fat/fat free milk	Baked beans served with stir fry tomato and onion
<b>Starch</b>	Swiss oats*	High fibre cereal	Oat bran and peanut butter	Health seed bread/toast	on Health bread/toast	High fibre cereal	Health seed bread/toast
<b>Fruit</b>	(grated apple in oats)	Cupped paw paw		Mango, sliced	Banana	Fresh fruit salad	Apple, sliced
<b>LIGHT MEAL</b>	<b>CHICKEN CHICK PEA SALAD</b>	<b>KIDNEY BEAN SOUP</b>	<b>LEFT OVER FISH</b>	<b>EGG AND CORN SALAD</b>	<b>LEFT OVER FISH</b>	<b>LEFT OVER STEW</b>	<b>OPEN SANDWICH</b>
<b>Protein</b>	Chicken breast* cut up and mixed into a	Kidney beans (cooked) added to a	Fish (hake) baked in a curry sauce	Eggs boiled*, sliced and added	Quick fish (hake) and butternut goulash	Bean vegetable stew	Mashed silver sardines (oil drained) served with
<b>Vegetables: salads/soups</b>	salad using a variety of salad ingredients	pre-prepared vegetable soup	Gem squash stuffed with minted peas and carrots	to a variety of salad ingredients including	Steamed broccoli and cauliflower	Stewed green beans and mix salad	tomato and a dash of tomato sauce on
<b>Starch</b>	including canned chick peas	Health bread	Wild/brown rice	canned corn kernels	Wild/brown rice	Pearl wheat (stampkoring)	health/seed bread topped with sliced cucumber and sliced avocado pear
<b>Fat (dressing/cooking)</b>	Dressing: Herb and mustard			Dressing: "Lite" mayonnaise			
<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>	Apple	Banana	Grapes	Orange	Peach	Mango	Naartjies
<b>MAIN MEAL</b>	<b>BEEF STIR FRY</b>	<b>BAKED FISH</b>	<b>CHICKEN CASSEROLE</b>	<b>FISH GOULASH</b>	<b>BEAN STEW</b>	<b>GRILLED PORK</b>	<b>BAKED FISH</b>
<b>Protein</b>	Beef cut into strips and made into a stir fry using soya and sweet chilli sauce	Fish (hake) baked in a curry sauce*	Chicken prune and sweet potato casserole*	Quick fish (hake) and butternut goulash*	Bean vegetable stew*	Sesame seed and ginger pork fillets*	Hake baked in an onion tomato and mushroom sauce*
<b>Starch (optional)</b>		Wild/brown rice		Wild/brown rice	Pearl wheat (stampkoring)		
<b>Vegetables/Salads</b>	and stir fry vegetables - spinach, carrots (julienne cut) baby corn, rosa tomatoes and mushrooms	Gem squash stuffed with minted peas and carrots	Steamed pumpkin and green baby spinach salad	Carrot, pineapple and beetroot salad	Stewed green beans and mixed salad	Beetroot salad, three bean salad and Greek salad	Roasted vegetables: butternut, carrots, baby marrow, mushrooms and peppers
<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)