

# GOOD FOOD FOR GOOD SUGARS

TO HELP  
MANAGE  
YOUR  
DIABETES

Learn which  
foods have  
sugar in  
them

Eat regularly  
and don't  
skip meals

Spread your  
sugar foods  
out over the  
day

Eat wholegrain  
and high fibre  
foods more  
often

Choose  
reduced fat  
products and  
avoid deep  
fried foods

## SUGAR FOODS

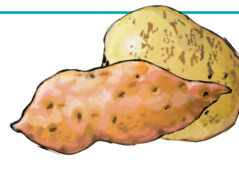
Include a variety of  
these foods in your diet



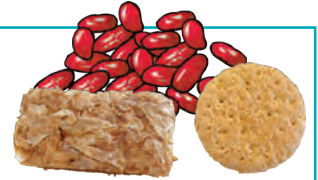
DAIRY FOODS



FRUIT



STARCHY VEGETABLES  
AND LEGUMES



CEREALS AND GRAINS

## BREAKFAST CHOOSE ONE



2 weetbix and  
banana and milk

OR



Baked beans  
with toast

OR



Oats/porridge

## SNACK CHOOSE ONE



Apple

OR



Yoghurt

OR



Hard-boiled egg  
and toast

## LUNCH CHOOSE ONE



Stew with potato  
& veggies

OR



Chicken &  
salad wrap

OR



Ham salad sandwich

## SNACK CHOOSE ONE



1 piece of damper

OR



Yoghurt

OR



3 wholegrain crackers  
with cheese

## SUPPER CHOOSE ONE



Chicken and  
vegetable curry

OR



Stir fry  
with noodles

OR



Fish with veggies and rice

# GOOD FOOD FOR GOOD SUGARS

## SPREAD YOUR TUCKER OVER THE DAY

Helps  
control your  
sugar levels



Helps prevent  
high sugars  
damaging your  
eyes and  
kidneys



Helps you  
feel fuller for  
longer



**BREAKFAST**



**SNACK**



**LUNCH**



**SNACK**



**EVENING**



## SUGAR FOODS TO LIMIT

Limit foods/drinks high in sugar such as lollies, chocolates, cakes, biscuits, soft drink, cordial and fruit juice.



Drink plenty of  
water

our health in our hands