



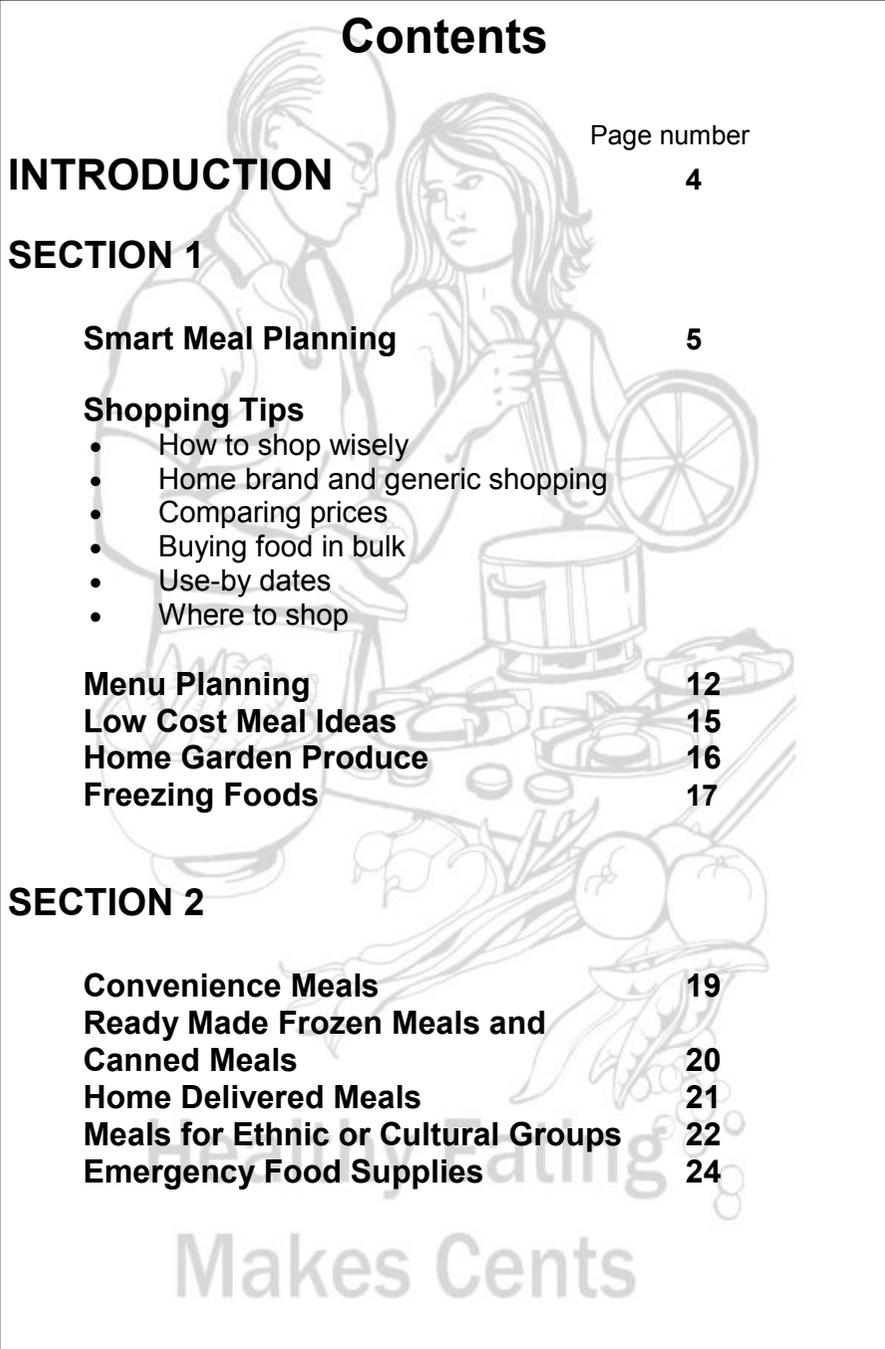
**Healthy Eating
Makes Cents**

For more information:

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Department for Health and Ageing, Government of South Australia.

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Eating
Makes Cents

INTRODUCTION



This booklet includes many tips on how to shop wisely within a limited budget. Many people have the misconception that healthy eating is expensive. However with some careful planning you can follow a nutritious eating plan within your budget.

There are a variety of nutritious, seasonal foods that help to make cooking inexpensive and easy.

The eating guidelines for someone with diabetes do not differ from the healthy eating guidelines for the general public. There is no need to cook separate meals, as the whole family will benefit from eating healthy food.

The last section of this booklet contains information on convenience meals (including frozen meals and canned meals) for those busy times in life when cooking may not be possible. Options for home-delivered meals are also discussed as well as emergency food supplies for times of need.

Produced by

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Saint Vincent De Paul

Phone: 1300 729 202

- Emergency food relief for people in need.
- Ring for an appointment.
- Must be zoned in western suburbs only.
- Monday-Friday 9:00am-1:00 pm
- Saint Vincent De Paul also run 'Fred's Food Van' contact them for times and locations.

EMERGENCY FOOD SUPPLIES

Anglicare - The Magdalene Assistance Centre
Address: 42 Carrington Street, ADELAIDE 5000
Phone: 8305 9389 Fax: 8212 8055

- People with diabetes needing food vouchers must produce general practitioner certificate.
- Bring your health care card, pension card or concession card.
- Monday-Friday 9:00am-11.30am.

Uniting Care Wesley

Address: 77 Gibson St, BOWDEN 5007 Phone: 8346 4346
OR 58 Dale St, PT ADELAIDE 5015 Phone: 8241 0016

Open Door-Emergency Relief

- Food and emergency assistance available.
- Must bring health care card or pension card with current address and two proofs of identification
- Monday, Tuesday, Thursdays, Friday 9:00am-4:00pm (Port Adelaide).
- Wednesday 9:00am-12:00pm (Port Adelaide).
- Monday-Friday 9.00am-4.00pm (Bowden).

Salvation Army Family Support Service (Arndale)

Address: 1 - 7 Gray Street, KILKENNY 5009
Phone: 8445 2044

- Emergency food relief for people in need.
- Bring your health care card, concession card or pension card.
- Ring for an appointment.
- Must be zoned in western suburbs only.
- Monday, Tuesday, Thursday and Friday 9:00am-2.30pm
Wednesday 9.00am-12.30pm.

SECTION 1

SMART MEAL PLANNING

SHOPPING TIPS

How to shop wisely - these tips will save you dollars and keep you healthy.

Before you shop ...

- Make a list of what you need before you go to the supermarket and stick to it! This will save you over-spending, time and extra trips to the supermarket for things you forgot.
- Check your local 'Messenger', 'The Advertiser' and home delivered leaflets (junk mail) for specials.
- Try not to shop when you are in a hurry or on an empty stomach, otherwise you might buy on impulse and end up with things you do not need.
- Sometimes shopping with children can result in rash decisions. Shop on your own if possible as it saves time, allows you to make better choices and may avoid arguments.



When shopping ...

- When buying perishable foods like fruit and vegetables, buy only what you are going to eat. Don't be tempted to buy too much.
- Look for the red tags, 'SALE', 'SPECIAL' or 'TEMPORARY PRICE CUT'. Always check the normal price against the special one, sometimes there is not much difference in price.

- If you are tempted by something on special, think how you can use that food before the use by date. If you are unlikely to use it within the date recommended, it is better value staying on the shelf.
- Check as you enter the supermarket for a list displayed of current specials.
- If you know you cannot stick to your shopping list, it may help to skip those tempting aisles.
- Often the same or similar items are sold at different prices in different parts of the supermarket. Imported cheeses sold in the deli section are usually more expensive than the same types of cheeses in the dairy section.



- If you are buying fruit for the week, choose fruit that is ripe for the beginning of the week and fruit that is a little green for towards the end of the week. This will save you throwing away over-ripe fruit.
- Buy fruit and vegetables in season as they usually taste better and are cheaper.
- Cheaper meat cuts tend to be more fatty, so although they might seem cheaper, you pay for the fat that you are trimming and throwing away.
- Look for lean cuts of meat as they are more economical due to less wastage.
- Boneless cuts of meat are often better buys since you're not paying for the weight of the bone.

**P.I.S.A - Italian Meals Service
(Pasti Italiani e Servizi per Anziani),**

Website: www.pisa.net.au

Phone: 8431 3477

Fax: 8431 3480

PO Box 2060 MAGILL NORTH 5072

Adey Reserve, Hampden St, FIRLE 5070

Menu: Traditional Italian meals available for home delivery. Meals suitable for people with diabetes. Gluten free meals are also available

Eligibility: Frail aged, people with disabilities and their carers.

Cost: Lunch consisting of soup, main and desert for \$15.00

Delivery: Meals delivered hot (or can be sent/collected frozen). Monday-Friday (11.00am-1.00pm).

Maltese Meals Service, Maltese Aged Care Association SA Inc.

Website: www.malteseagedcare.org.au

Phone: 8241 0266

Menu: Traditional Maltese meals delivered to your home (3 courses). Meals suitable for people with diabetes. Vegetarian and halal are available.

Eligibility: Frail aged, people with disabilities and their carers living in the Adelaide metropolitan area. Priority given to people of Maltese background (or upon negotiation).

Cost: \$8.00 hot or frozen (including delivery).

Delivery: Delivery Monday-Friday

Adelaide Food Service

Website: www.adelaidefoodservice.com.au

Phone: 8297 1233 Fax: 8297 0211

508 Cross Road GLANDORE SA 5037

Menu: Home cooked frozen meals, suitable for heating in microwave or oven. Large range of soups, main meals and desserts. Meals are not specifically designed for people with diabetes. There is a select of meals that are lower in fat and added sugars.

Eligibility: Anyone

Cost: Soup from \$4.00 main meals from \$9.80, desserts from \$5.00. Delivery Fee is \$6.95 Minimum spend is \$54 dollars.

Delivery: Delivery Monday-Friday or pick up instore.

Other: Can also deliver basic home grocery items

Maryann's Kitchen

Website: www.http://maryannskitchen.com.au/

Phone: 8362 3777

Menu: Meals are delivered hot or cold.

Eligibility: Frail aged and people with disabilities

Cost: Two course meal for \$13.50 per day.

Delivery: Delivery Monday-Friday or pick up instore. Weekend meals available

MEALS FOR ETHNIC OR CULTURAL GROUPS

Greek Meals Service

Phone: 82125100

96 Wright St, ADELAIDE 5000

Menu: Greek style meals which can be made suitable for people with diabetes.

Eligibility: Frail aged, people with disabilities and their carers, or require short or long-term assistance.

Cost: There is a 4-week set menu, for \$9.50(3 courses) or \$7.50 (2 courses). Combinations of soup, main meal dessert, salad or fruit available.

Delivery: Delivery Monday-Friday or pick up available. With Greek and English speaking volunteers

Smart shopping ...

In some stores during the last hour before closing, some products (usually perishable items – eg meat, seafood, vegetables, bread and baked buns/cakes) are offered at markdown prices.



- Check prices and quality of meat at the butcher's shop, and fruit and vegetables at the greengrocer's and compare them with your supermarket.
- Cereals, dried beans, pasta, rice and oats are cheap, filling, nutritious, and can be stored for a long time so they are worth buying in bulk.
- You can substitute fresh fruit and vegetables with canned or frozen varieties as these retain most of their vitamins when they are snap frozen and packaged. In addition, these vegetables are washed, peeled and cut, ready to use. They are especially useful when cooking for one as there is less wastage. Look for the 'no added salt' varieties.
- Beware of sauces added to canned and frozen foods – they can be high in calories and salt, and more expensive than making your own.
- Avoid vegetable oil blends when the label does not specify the source of the oil. It is likely to include coconut and/or palm oil, both rich sources of saturated fat. Check that the label clearly states where the oil comes from eg canola, olive or sunflower oil.
- Special food - skip it! People with diabetes don't require special diabetic or diet foods that are usually relatively expensive. Healthy food in the right quantities will provide all your needs.

- Check labels for sugar and fat content.
- Whole fish is often much cheaper than expensive fillets, especially at the fish markets and wholesalers. Check that the eyes are bright and firm for freshness.
- Tuna, salmon and sardines canned in water, brine or tomato sauce are cheap and nutritious alternatives to fresh fish.

Home Brand and Generic Products

Brands such as Black & Gold, Savings, Foodland, Coles and Woolworths are classified as generic products. They are manufactured according to the specifications of the retailer, which must be in accordance with appropriate Australian food standard and safety guidelines. They undergo the same stringent quality control as all other 'branded' products.



The main difference between branded and generic products is packaging and marketing. Branded products have fancy colourful packaging and are marketed aggressively; this is reflected in the price difference (you as a consumer are expected to pay these costs).

Always compare brands and prices. Home brands are often the best choices economically and are just as nutritious. Bigger packs are usually cheaper (unless you are buying for one and food may go stale before it is finished).

HOME-DELIVERED MEALS



Meals On Wheels

Website: www.mealsonwheelssa.org.au

Phone: 8271 8700 Fax: 8271 8101 Free Call 1800 854 453

70 Greenhill Road WAYVILLE SA 5034

Menu: Standard Menu is suitable for people with diabetes, vegetarian and modified texture meals are available but a referral from a health professional is required.

Eligibility: Meals delivered daily to people who are unable to prepare and/or purchase meals for health or social reasons.

Cost: Soup, main and dessert available for \$9.00 per day. (delivery included)

Delivery: Delivery Monday to Friday between 11.15am to 1.30pm

Lite n' Easy

Website: www.liteneasy.com.au

Phone: 13 15 12

Menu: Lite n' Easy menus include weight loss plans and weight maintenance food plans delivered to your door. Full menus are available (breakfast, lunch, dinner and snacks). All meals are suitable for people with diabetes.

Eligibility: Anyone

Cost: From \$64.00 for 5 dinners, up to \$177.00/week for full meal program.

Delivery: Delivery Monday to Friday

Many frozen and canned meals are low in vegetables, so you may need to add an extra serve or two of your own vegetables. Examples of suitable frozen and canned meal choices are shown below.

Frozen Meals



- Authentic Asia meals
- Birds Eye Wok Ready Meals & Bechamel Lasagne
- Black & Gold Lasagne
- Buona Pasta
- Coles Frozen Meals
- Sara Lee (Vegetable & Beef Lasagne)
- Gourmet Meals Frozen
- Hadiram's Dal Tadaka
- La Triestina Pasta Varieties
- Lean Cuisine Frozen meals
- McCain Frozen meals
- On the Menu
- San Remo Frozen meals
- Sanitarium Vegie Delights
- Sara Lee Beef Lasagne
- Super Nature Superfoods
- The Good Meal
- Tutto Pasta Meals
- Weight Watchers Frozen Meals
- Woolworths home brand, select and simply delicious frozen meals.

Canned Meals



- Tinned soups (all brands)
- Campbells Chunky meals
- Campbells Fully Loaded
- Fray Bentos Steak & Kidney Pie
- Canned baked beans
- Canned spaghetti
- Coles canned meals
- Country Ladle Café Style Canned Meals
- Harvest Canned Meals
- Heinz Big Eat Meals
- Stagg Chili
- Vegie Delights
- Tom Piper Meals
- Woolworths Select Chunky meals

Note: Home Brand margarines can be higher in trans fatty acids than named products. Trans fatty acids are bad for our hearts and need to be limited. Always check the labels on Home Brand margarines and choose those with less than 1g of trans fat per 100g (i.e. less than 1% trans fats). If trans fats are not listed on the label, the safest choice is to choose a different variety.



Comparing Prices of Different Products

- Unit price per 100g

When comparing different products in different sized packaging, it is important to check the weight or volume and unit price per 100g. Compare prices per unit between the brands.

Example.

Two jars of jam

jar one (net weight 300g)	cost \$1.89
jar two (net weight 250g)	cost \$2.69



divide the weight of the product by 100

jar one 300g/100 = 3
jar two 250g/100 = 2.5

now divide the prices by corresponding numbers

jar one \$1.89/3 = \$0.63 per 100g
jar two \$2.69/2.5 = \$1.08 per 100g

The jam in jar one is cheaper. Always check the prices to get the best deal, as sometimes the bigger packs are more expensive.

Note: Most Supermarkets now display the unit price under the price of each product on their shelves.

*** USE THIS UNIT PRICE TO COMPARE PRODUCTS***

Buying Food In Bulk

Buying food in bulk is usually cheaper than in packets (you do not pay for packaging). Foods sold in bulk comply with the food standards and are grown and manufactured in the same manner as other foods.

Good foods to buy in bulk include: rice, oats, pasta, flour, muesli, dried beans and lentils.



Make arrangements with friends or family to share goods purchased in bulk to limit wastage and save dollars.

Use-by Dates

Always check the use-by-dates on products. If the product is past the use-by-date, the manufacturer does not guarantee the quality. In the case of highly perishable goods, do not buy them if their use-by-date has expired (when shopping, check seals on products are not broken). If there are any visible signs of spoilage or tampering – do not buy the product, it is probably unsafe. Cans should not have any rust, be damaged, bent or swollen in any way.

Other foods will be marked with a 'best before' date. It may still be safe to eat foods after the 'best before' date, but they may have lost some quality. Foods that have a 'best before' date can continue to be sold after the date, provided the food is fit for human consumption. The majority of foods will be marked with a 'best before' date.



SECTION 2

CONVENIENCE MEALS

READY MADE FROZEN MEALS & CANNED MEALS

Frozen meals can be healthy and nutritious. Frozen foods retain most of their nutrients if used soon after they are thawed. There is a wide selection of frozen meals available in supermarkets but the nutritional value of the meals varies greatly. When choosing from the freezer, you should look for foods that are low in fat and saturated fat, low in refined sugars, low in salt (sodium) and high in fibre.

Canned meals are usually inexpensive (they tend to cost quite a bit less than frozen meals) and they are convenient. There are many meals now available in cans, ranging from soups to stews. Directions for heating the meal are usually on the can. To microwave, empty contents into a microwave safe container and follow manufacturer's instructions for heating times. For heating on the stove top, empty can contents into a saucepan and reheat on a low to moderate heat as per manufacturer's instructions.

Tips for choosing healthy frozen or canned meals:

- Look for meals with less than 10g of fat per 100g
- Compare the saturated fat of the meals per 100g. Aim for the lowest possible.
- Choose meals that are lower in salt (aim for less than 400mg sodium per 100g).
- Choose meals that contain between 30g – 45g of total carbohydrate per serve. If the carbohydrate is much lower than this, you may need to add a slice of bread or piece of fruit with the meal. Speak to a dietitian if you are unsure.
- Look for meals that contain plenty of vegetables.

Smaller separate packs of meat are easier to defrost.

Cooked leftovers can be frozen, thawed and reheated rather than left in the fridge and forgotten. Always label containers with the name of the dish and the date of preparation. Use the older ones first. Use freezer-safe containers or freezer bags.

Bread is often on special and can be stored well in the freezer. Keep what you will use for the week in the fridge and freeze the rest. Home baked bread does not keep as long as commercially baked bread that has additives and preservatives.

Freezing greatly extends the use-by-date. Frozen storage times for a range of products are given below. Although food is safe to use beyond these times, there can be some loss in quality.

EXPECTED STORAGE LIFE FOR SOME FROZEN FOODS IN THE HOME FREEZER

Raw Product - Approximate frozen storage life (-18c)				
BEEF 3-6 months 	LAMB 2-6 months 	PORK 3-6 months 	CHICKEN (portions or whole) 3-6 months 	LEAN FISH (eg whiting) 4 months 
SAUSAGE/HAM/BACON 1-2 months			OILY FISH (eg mackerel) 3 months	

Adapted from: Queensland Health- Meat Storage and Preparation

Where to shop



Food Co-ops

Food co-ops are usually much cheaper, check with your local council to find one in your area.

Markets

Markets are an excellent place to find bargains when shopping for fruit, vegetables, meat, fish and poultry. Often stalls are family owned and their overheads (expenses) are small, so they can afford to sell cheaper produce.

Supermarkets

Supermarkets generally offer the best choice of foods, the prices are very competitive and a high turnover ensures freshness of food. Shopping at the supermarket is usually less expensive.

Seven day supermarkets and delis

The range of products is smaller than in larger supermarkets, their overheads are greater, therefore prices are usually higher.

Petrol / service stations

These offer a very limited range of food at higher prices but are often open for longer hours.

Local specialty shops

(Butcher, fruit and vegetable shops, fish shops, etc). Compare prices with your local supermarket. It's sometimes worth paying extra for a reliable specialist who deals with quality produce.



MENU PLANNING



Manage your food and save dollars.....

Have some 'meatless' days.

When you're planning meals for the week, think about including at least one 'meatless day'. Smaller amounts of meat mean lower food costs as well as less saturated fat and cholesterol. However, lean meats are important in our diet as they provide us with essential nutrients like iron and zinc. Meals using dried beans and lentils are a good substitute for meat as they contain protein, iron and zinc.

Your time and money is valuable, make the most of it! Buy and cook in bulk, then freeze portions. Knowing you have something in your freezer that can be quickly thawed in the microwave, may be just the incentive you need to skip the expensive fast food outlet after work.

Meat

Make soup stock from leftover meat and bones, let the stock cool and skim fat from the top. Once the fat has been removed, freeze in containers for use in stews, soups and casseroles. Freeze stock in ice cubes and use as stock cubes for cooking. Commercial stock cubes are usually high in salt.

Cut down on meat by using a quarter less than a recipe states and making up the balance with extra vegetables, beans, rice or pasta.

Pre-marinated meat costs more; make up your own marinades with ingredients such as wine, vinegar, lemon juice, stock, mustard and herbs.

- **Fruit trees** do not need a lot of maintenance and will reward you with produce for lunch boxes, snacks, jams and stewed fruit. Citrus and flowering deciduous fruits are ornamental as well as good croppers in Adelaide.

If you don't have a garden, check with your council if there is a community garden project available in your area.

FREEZING FOODS

Most fresh vegetables can be frozen only if they are parboiled first (blanched) to deactivate enzymes. Herbs and spices freeze well.



Larger cans of fruit and vegetables are more economical but it is expensive to throw away unused portions left in your fridge for too long. If your freezer storage permits, divide the contents of the bigger cans into smaller portions, store in safe containers and freeze. Small amounts can be frozen in ice cube trays – eg leftover tomato paste.

Packages of meat are often prepacked in quantities suitable for a family of four or more. These packages are usually economical to buy. If you have adequate freezer storage space, you can buy bigger quantities of meat, chicken portions and mince when they are on special, then at home divide them in smaller packs and freeze.

If you use plastic containers, use aluminium foil between steaks, chicken fillets, etc. The foil will help to separate the servings and can be directly used in the oven or grill for baking or grilling.

HOME GARDEN PRODUCE

Home grown fruit, vegetables and herbs taste best and can't be beaten for freshness. It is easy and cheap to grow your own vegetables and you have the added benefit of healthy exercise!

Nothing beats garden-fresh vegetables. Any sunny spot, even a pot, can produce a few favourites. Better Homes and Gardens recommend the following tips for beginners:

Where to plant?

Your site must get full sun all day, so choose a spot clear of trees. An area of 4m x 4m is a good size for beginners.



What to plant?

Select varieties you like to eat. Remember, vegetables planted at the same time mature at the same time, so it's a good idea to plant small batches two or three weeks apart. Choose varieties that are right for the season.

- **Seeds:** Seeds are reasonably cheap and it can be easy to plant a few seeds now and save the rest for later. Sow according to the directions on the pack. Never let the soil dry out while the seeds are germinating (which may take two weeks) and, when seedlings appear, thin them so the spacing between each is even.
- **Seedlings:** Bought seedlings are already several weeks old, so they're ready to eat sooner. Seedlings will not be as cheap as buying seeds. Another downfall is that seedlings need to be planted all at once which may mean all the vegetables are ready all at once (rather than throughout the whole season). You may want to share your crop with your family or friends. Another alternative is to freeze any excess vegetables (many vegetables are suitable for blanching and then freezing, such as asparagus, broad beans, carrots and broccoli). Excess tomatoes can be made into sauce.

Eggs

Eggs can keep well in the refrigerator without nutritive losses. They are a good source of easily digestible protein and other nutrients.

Milk and Yoghurt

Buy fresh milk in the packaging size that suits you best. The advantage of long life (UHT – ultra heat treated) milk is that it can be stored without refrigeration until opened; it is also often cheaper than fresh milk and just as nutritious. When you open a pack of UHT milk, store it in the refrigerator. Powdered milk can also be used – make it up according to directions as you need it and store it in the fridge.



Yoghurt is usually cheaper in large containers (eg 1 kilogram) rather than single-serve tubs. Yoghurt Makers can also be purchased from major stores. Purchasing a yoghurt maker can be a good investment as the dry yoghurt mixtures work out to be cheaper than buying ready-made yoghurt.

Staple items

Staple items that you usually buy in bigger quantities (such as rice, dried beans, lentils, flour, polenta, rolled oats, dry skim milk, pasta, cereals, etc) should be stored in airtight containers. Recipes on these packets are useful to keep. Stick the recipes to the airtight containers and use them as a reminder of the possibilities of preparing a variety of meals.



Fruit and Vegetables

Use old or tired vegetables in stews, casseroles, soups or patties. Frozen and canned vegetables are often cheaper.

Over-ripe fruits can be used to stew, in baking and in milk or yoghurt smoothies. For example, you could make a banana smoothie out of an over-ripe frozen banana (blend with low fat milk and low fat vanilla yoghurt).



Bread

Wholemeal and wholegrain breads can be more expensive than white loaves, however home-brand or generic varieties are usually available at a reasonable price. In addition, bread is one food item that you can often find on sale. If you have space in your freezer, buy an extra loaf or two when the price is reduced. Bread keeps in the freezer for 2 months (keep sealed in its original packaging). Other options include English muffins (choose wholemeal or wholegrain varieties), pita bread (flat bread), crumpets and fruit loaf.

Electronic bread makers can be a good investment. Although the up-front cost of a bread maker can be significant (usually over \$100), buying bread mix can be more economical than buying fresh bread (especially if buying bread mix in bulk).

Paying someone else to do it



If it's pre-packaged, pre-prepared, pre-chopped, pre-grated – be prepared to pay for the extra service. It's cheaper to do it yourself.

LOW COST MEAL IDEAS

	Breakfast	Lunch	Dinner
Day 1	½ cup cereal with 250ml low fat milk, topped with ½ cup tinned fruit (in natural juice, drained).	1 cup chicken & vegetable soup (canned, reduced salt variety) with 1 slice of wholegrain bread. 1 apple	1 serve beef curry* with ½ cup steamed Basmati rice. 200g diet fruit yoghurt.
Day 2	2 wholemeal crumpets with fruit spread. 1 pear	Low fat cheese (40g) and salad wholegrain roll. 1 banana	1 cup cooked spaghetti plus bolognaise sauce*, with a tossed fresh green salad. Diet jelly.
Day 3	200g tub diet fruit yoghurt. 1 cup of fresh fruit salad.	A pita bread sandwich or "pocket" with drained tuna (in water) and salad. 250ml low fat milk.	Grilled chicken fillet (120g) with steamed carrot, broccoli and 1 small potato. ½ cup stewed fruit and ½ cup low fat custard.
Day 4	A poached egg with 1 slice of wholegrain toast. 200g low fat diet yoghurt. 150ml of unsweetened fruit juice.	Toasted sandwich made from wholegrain bread with ½ cup baked beans and 40g low fat cheese.	Grilled lean steak (120g), 5 potato wedges*, tossed green salad. 1 piece of fruit, 200g diet yoghurt.
Day 5	Fruit smoothie made with 250ml milk, 200g low fat diet vanilla yoghurt, 1 small banana and 4 strawberries. (Blend all ingredients together in blender or food processor).	4 Via-Weat, with ricotta cheese, tomato and cracked pepper. 200g diet fruit yoghurt.	1 serve lamb & vegetable stir-fry* with 1 cup cooked noodles. 1 fruit.
Day 6	One English muffin (wholemeal or wholegrain) with a scrape of margarine and fruit spread. 1 fruit.	A baked or microwaved potato with ½ cup low fat plain yoghurt or smooth ricotta cheese, ½ cup baked beans, 30g lean ham, herbs and salad.	2 slices of home made pizza*, served with a green salad. 1 fruit.
Day 7	¼ cup raw oats made with 250ml low fat milk & 1½ tsp sultanas sprinkled on top.	Mixed green salad with 95g can tuna (in spring water), with 1 cup 3-bean mix added. 1 apple.	2 tacos* with (120g) lean mince, salad, 20g grated cheese and ½ cup low fat plain yoghurt. Diet jelly and ½ cup fruit in natural juice (drained).

*Recipes can be found in *Take 5 Recipe Book* available from the Diabetes Centre.