

Fact Sheet – Central Adelaide Local Health Network Diabetes Education Service

Major nutrient groups

Food contains three main nutrients: **carbohydrate, protein and fat.**

Foods are often a combination of these three nutrients and are categorised into a food group depending on their main nutrient.

Carbohydrate

All carbohydrate foods are digested into glucose which is absorbed into our bloodstream. Glucose is our main source of energy.

Some carbohydrate foods are digested into glucose more quickly than others. Carbohydrate foods that are digested more slowly are found on page two and are underlined.

Try and include at least one of these foods at each meal.

Protein

Protein is required for your body's growth and repair. Foods that contain protein also supply key vitamins and minerals such as iron, zinc and calcium. Most high protein foods contain very little carbohydrate and do not generally raise blood glucose levels.

Fat

Fats are an important part of a healthy diet.

'Healthy fats' such as poly and monounsaturated fats (most plant oils & margarines) can assist in lowering cholesterol. Aim to include a small amount of 'healthy fats' in your diet each day.

Saturated and trans fats are 'unhealthy fats' as they can raise cholesterol and can increase the risk of heart disease.

Fat is **not** digested into glucose in our bodies.

Meals that include wholegrain breads and cereals, vegetables and fruit, with small serves of lean meats, dairy products and healthy fats can assist in improving blood glucose levels.

References:

www.calorieking.com.au

For more information

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This information sheet does not constitute medical advice and is for general information only. Readers should always seek independent professional advice where appropriate.

✓ Better Carbohydrate Choices

Food underlined breaks down slowly into glucose

Aim for ___ serves for breakfast, lunch and dinner and ___ serves for morning and afternoon tea and supper
(Amounts shown indicate 1 serve or exchange = 15g carbohydrate)



Dense whole grain bread

1 slice



Wholemeal/rye/light rye bread

1 slice



Fruit loaf

1 thin slice



½ regular pita or
1 round crumpet



Wholegrain crackers
e.g. 4 Vita-Weat biscuits



¼ cup cooked rice
Doongara/Basmati



pasta
⅓ cup cooked



¼ cup cooked polenta or
⅓ cup cooked couscous or quinoa



¾ cup cooked porridge
⅓ cup All Bran, ⅓ cup raw rolled oats
¼ cup natural muesli



1 ½ Weetbix/Vitabrits



⅓ cup Sustain or Just Right or
½ cup plain cereal (no added fruit)
or ½ cup Guardian



90g baked sweet potato
or 1 small (100g) potato



sweetcorn
½ cup kernels or
1 medium cob



legumes
(cooked or tinned)
e.g. ½ cup baked beans



250ml
reduced fat milk



yoghurt
200g natural or diet fruit,
100g fruit yoghurt



20 medium grapes



1 large pear



1 large orange



1 medium apple



1 large peach



25-30 medium cherries



2 slices/rings pineapple



1 small (150g) mango



2 medium mandarins



6 medium apricots



1 ½ cups diced
Watermelon/rockmelon



1 small banana



1 ½ tablespoons
sultanas/raisins



6 medium dried apricot halves
or 8 dried apple rings



unsweetened fruit juice
1 small glass (150ml)/day



tinned fruit in natural juice
drained ½ cup

Occasional carbohydrate foods (limit)

High in saturated fat and added sugar



Cakes/pastries



sweet biscuits



chocolate



Ordinary jelly



lollies



ordinary soft drink/cordial/sports drinks

✓ Protein foods – lower in saturated fat



Grilled fish or Tinned fish in brine/olive oil/water



lean freshly cooked cold meats e.g. lean roast beef



lean roast or grilled steak (trimmed)



lean chicken/turkey (no skin)



lean mince



poached/boiled eggs



reduced fat cheese

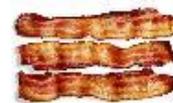


low fat ricotta/cottage cheese

Protein foods higher in saturated fat (limit)



Turkey/chicken with skin



fatty pork/bacon



untrimmed chops and sausages



offal



fatty mince



fritz/salami/mettwurst



full fat cheese or ordinary cheese slices



battered/crumbed fish/meat/chicken

✓ Healthy fats and fatty foods poly/mono unsaturated fats (best choices)



e.g. olive, canola, peanut oils and margarines



avocado



raw seeds, nuts (unsalted) and peanut butter

Unhealthy fats and fatty foods saturated or trans fats (limit)



Butter



cream



palm and coconut oil



cophera, lard & dripping



coconut, coconut cream, coconut milk



pies, pasties, sausage rolls



most takeaways



crisps

Vegetables, herbs and spices

These foods are low in energy (calories/kilojoules), high in vitamins, minerals, and fibre, and may be eaten as desired



Asparagus



beetroot



broccoli



brussel sprouts



Turnips



lettuce



carrots



capsicum



Cauliflower



onions



spring onions



garlic



Cucumber



cabbage



tomatoes



radishes



Mushrooms



pumpkin



celery



green beans



Spinach



peas



eggplant



zucchini



Herbs/spices



lemons/lemon juice

Miscellaneous foods that are suitable



Tea/coffee/water



vinegar



condiments in small amounts**



low fat dressings/mayonnaise**



Diet jelly and diet jam



diet cordial/diet soft drinks
plain mineral water/soda water



vegemite**



tomato/soy/oyster sauce**

****These foods are high in salt – limit to small amounts**