

Type 2 Diabetes



Eating healthy foods and being active will help to control your blood glucose (sugar) levels. Aim to:

1. Eat regular meals each day

- Try for 3 meals every day and try to include foods from each of the 5 food groups every day (breads and cereals, vegetables, fruit, dairy, meat and meat alternatives).
- Choose foods with carbohydrate at every meal e.g.



Pasta or rice



Bread or cereal



Milk or yoghurt



Fruit



Starchy vegetables

2. Be active

- Try for 30 minutes of activity most days.

3. Cut down on fat

- Choose low fat or reduced fat dairy products.
- Choose lean meat and trim any fat before cooking.
- Limit butter and hard cooking fats such as lard and dripping.
- Limit take away foods and snack foods such as pastries, cakes, biscuits, and chips.

Continued next page

SOURCE: It Takes More Than An Apple A Day
REVIEWED: March 2008

Department of Health and Human Services
Community Nutrition Unit



4. If you have these foods, only have small amounts

- Fruit juice, cordial or soft drink (try diet or low joule).
- Jam, honey or chocolate spreads.
- Alcohol (try not to drink alcohol on an empty stomach).

SOURCE: It Takes More Than An Apple A Day
REVIEWED: March 2008

Department of Health and Human Services
Community Nutrition Unit