

# HEALTHY EATING CHOICES

*A half or a glass of water when you wake up can be refreshing!*

## BREAKFAST

*(for a good energy start to your day)*

- ◇ Breakfast cereals or porridge
- ◇ 1-2 slices of bread or toast  
(preferably wholemeal, granary or multigrain) with:
  - \* cheese spread
  - \* or fruit jam
  - \* or cottage cheese
  - \* or banana/ fruit
  - \* or avocado pear
  - \* or white cheese with berries
- ◇ Scrambled egg
- ◇ Grilled cheese on toast with tomato

*Always check with your GP whether you are not allergic to certain foods!*

## SNACKS

- ◇ Yoghurt, fruit or salads  
*Note:* fruit or starchy foods can increase your blood glucose level – choose smaller portions if diagnosed with type 2 diabetes!
- ◇ Ryvita crisp bread or other

## DAY TIME

### Carbohydrates *(Energy)*

#### Starch

Bread, potato, pasta  
Rice and flour products

#### Fibre, Vitamins/ Minerals

Fruit & vegetables

### Proteins

*(Body cells repair and growth)*

Lean meat, fish, beans, dairy produce, nuts, grains and seeds

### Fat *(in moderation)*

Choose polyunsaturated fat:

Such as in fish, olive or rapeseed oil, poultry, nuts, seeds, cereals

## EVENING

### Starch *(small amount)*, Fibre, Vitamins & Minerals

Root vegetables or side salads

### Proteins

Lean meat, fish, beans, dairy produce or seeds

**FLUIDS:** Water, herbal tea, green tea, peppermint tea etc.  
Or fresh fruit juice – a small glass if you are diabetic!  
Cut down on conventional tea or coffee!