

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 the suitability of your eating plan!

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!