












































EATING TO MANAGE DIABETES AND YOUR HEALTH

Let's start with the five food groups:

Many of you will be familiar with the five food groups. Eating the right amount from each food group will ensure that you're getting the nutrients you need to stay healthy.

The foods shaded in the table below are carbohydrates (carbs). As you can see, they can be found in all food groups. These carbs are made up of different sugars, however they all break down into glucose once digested.

To meet dietary requirements, we all need to eat some carbs. Eliminating carbs completely from these food groups can lead to nutrient deficiencies.

Dairy Milk, Yogurt, Cheese	 Milk	 Yogurt	 Smoothie	 Cheese	 String Cheese	 Cottage Cheese				
Vegetable	 Potatoes	 Corn	 Sweet Potatoes	 Broccoli	 Carrots	 Capsicum	 Avocado	 Asparagus	 Spinach	 Tomatoes
Fruits	 Apple	 Banana	 Strawberries	 Blueberries	 Watermelon	 Grapes	 Orange Juice	 Mango	 Pear	
Grains Bread, Cereal, Pasta	 Cereal	 Tortillas	 Rice	 Bread	 Pasta	 Popcorn	 Crackers	 Bagel	 Oats	
Protein Meat, Beans, Nuts	 Beans /Lentils	 Eggs	 Hamburger	 Nuts	 Chicken	 Tofu	 Tuna	 Salmon	 Pork Chops	
Extras	Cakes, biscuits, pastries, chocolate, ice cream, confectionery, crisps, soft drink, cordial.									

 Indicates Carbohydrates

