

Healthy Eating

A guide for older people living with diabetes

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national diabetes services scheme



**Diabetes
Australia**

Diabetes products and services

The National Diabetes Services Scheme (NDSS) is an initiative of the Australian Government administered by Diabetes Australia. The NDSS supplies diabetes-related products at subsidised prices and provides information and support services to people living with diabetes.

Registration is free and open to all Australians diagnosed with diabetes.

For more information, visit www.ndss.com.au or call **1300 136 588**.

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About this booklet



This booklet provides information about healthy eating and food choices for older people living with diabetes. As we get older, staying nourished and maintaining healthy eating habits can be challenging. Our lifestyles and appetites can change and chronic conditions such as diabetes can take up our time and energy, and affect our food choices.

This booklet provides general information only. For personalised advice about healthy eating, please visit an accredited practising dietitian. The Dietitians Association of Australia can help you find a dietitian near you if you phone them on 1800 812 942 or visit their website at www.daa.asn.au. Alternatively, you can look in the Yellow Pages directory under 'dietitian'.



Eating for health

Healthy eating can help to manage your blood glucose levels, cholesterol and blood pressure. It's important to:

- eat a variety of foods
- be as active as you can
- keep your weight stable and within the healthy range for your height, age and health
- drink plenty of fluids every day, preferably water
- take your diabetes medicines with food or as advised by your doctor.

As you get older, it can be more difficult to get all the nutrients you need to stay healthy. Age can affect what you eat and how your body works – for example, you may have a smaller appetite, need less energy or be managing other illnesses. It’s important to make every mouthful of food as nutritious as possible, so that you get the essential nutrients you need to stay healthy. Some of these nutrients are shown here.

| Nutrient | Why is it important? | Good sources | |
|-----------|--|---|--|
| Calcium | To maintain strong bones, prevent osteoporosis, reduce the risk of fractures and reduce blood pressure |  | Best sources are milk, yoghurt, cheese, calcium-fortified non-dairy milks (eg soy). Also tinned sardines and salmon including bones, prawns, almonds, Asian greens, kale, hard tofu and sesame seed spread |
| Vitamin D | To maintain strong bones and teeth |  | Sunlight. Also salmon, sardines, tuna, eggs and vitamin D-fortified foods such as margarine and some milks and soymilks. Some people may need a vitamin D tablet to get the amount they need |
| Fibre | To maintain healthy bowel function, prevent constipation, reduce cholesterol and manage blood glucose levels |  | Wholegrain cereals and breads, canned/ dried beans and lentils, vegetables, fruit, nuts and seeds |

| Nutrient | Why is it important? | Good sources | |
|--------------|--|---|---|
| Water | To stay hydrated and prevent constipation |  | Water is essential for good health but intake needs vary a lot from person to person. (see our 'drinks and alcohol' section) |
| Vitamin B12 | To prevent anaemia and maintain healthy nerve function |  | Meat, poultry, fish, eggs, dairy food and B12 fortified soymilk |
| Folate | To help prevent anaemia |  | Green leafy vegetables, asparagus, oranges, avocado, legumes, peanuts and fortified breakfast cereals |
| Potassium | To reduce blood pressure and maintain strong bones |  | Fruits and vegetables, especially bananas, prunes, plums and potatoes with skins on, wholegrains, legumes, nuts and seeds |
| Magnesium | To maintain strong bones, a healthy heart and boost immune function |  | Milk, wholegrain breads and cereals, nuts, green leafy vegetables, lean meat, legumes and bananas |
| Zinc | To boost immune function |  | Lean meats, seafood (including oysters), wholegrain breads, legumes, nuts and seeds, milk, yoghurt and cheese |
| Omega-3 oils | Reduces risk of heart disease, dementia and macular degeneration and improves symptoms of rheumatoid arthritis |  | Oily fish including salmon, sardines, mackerel and tuna. Plant-based sources include canola oil, flaxseed (linseed), chia seeds, walnuts and soybeans |

This table shows you the main food groups and the number of serves you should aim to eat from each group every day.

| | Men 51–70 years | Men 70+ years | Women 51–70 years | Women 70+ years |
|--|-----------------------|---------------------|-------------------------|-----------------------|
| Vegetables | 5 ½ | 5 | 5 | 5 |
| Fruit | 2 | 2 | 2 | 2 |
| Grain (cereal) food | 6 | 4 ½ | 4 | 3 |
| Lean meat, fish, poultry, eggs, tofu, nuts and seeds, and legumes/beans | 2 ½ | 2 ½ | 2 | 2 |
| Milk, yoghurt, cheese and/or alternatives | 2 ½ | 3 ½ | 4 | 4 |

See the following pages for descriptions and sample serve sizes.



What is a serve of vegetables?

A standard serve is about 75g (100–350kJ) or:

- ½ cup cooked green or orange vegetables (for example, broccoli, spinach, carrots or pumpkin)
- ½ cup cooked dried or canned beans, peas or lentils (preferably with no added salt)
- 1 cup green leafy or raw salad vegetables
- ½ cup sweet corn
- ½ medium potato or other starchy vegetables (sweet potato, taro or cassava)
- 1 medium tomato



What is a serve of fruit?

A standard serve is about 150g (350kJ) or:

- 1 medium apple, banana, orange or pear
- 2 small apricots, kiwi fruits or plums
- 1 cup diced or canned fruit (no added sugar)

Or only occasionally:

- 125ml (½ cup) fruit juice (no added sugar)
- 30g dried fruit (for example, 4 dried apricot halves, 1½ tablespoons of sultanas)



What is a serve of grain* (cereal) food?

A standard serve is (500kJ) or:

- 1 slice (40g) bread
- ½ medium (40g) roll or flat bread
- ½ cup (75-120g) cooked rice, pasta, noodles, barley, buckwheat, semolina, polenta, bulgur or quinoa
- ½ cup (120g) cooked porridge
- ⅔ cup (30g) wheat cereal flakes
- ¼ cup (30g) muesli
- 3 (35g) crispbreads
- 1 (60g) crumpet
- 1 small (35g) English muffin or scone



*Grain (cereal) foods, choose mostly wholegrain and/or high cereal fibre varieties.

How much is a serve of lean meat and poultry, fish, eggs, nuts and seeds, and legumes/beans?

A standard serve is (500–600kJ):

- 65g cooked lean red meats such as beef, lamb, veal, pork, goat or kangaroo (about 90-100g raw)
- 80g cooked lean poultry such as chicken or turkey (100g raw)
- 100g cooked fish fillet (about 115g raw) or one small can of fish
- 2 large (120g) eggs
- 1 cup (150g) cooked or canned legumes/beans such as lentils, chick peas or split peas (preferably with no added salt)
- 170g tofu
- 30g nuts, seeds, peanut or almond butter or tahini or other nut or seed paste (no added salt)*



*Only to be used occasionally as a substitute for other foods in the group (note: this amount for nuts and seeds gives approximately the same amount of energy as the other foods in this group but will provide less protein, iron or zinc).

How much is a serve of milk, yoghurt, cheese* and/or alternatives?

A standard serve is (500–600kJ):

- 1 cup (250ml) fresh, UHT long life, reconstituted powdered milk or buttermilk
- ½ cup (120ml) evaporated milk
- 2 slices (40g) or 4 x 3 x 2cm cube (40g) of hard cheese, such as cheddar
- ½ cup (120g) ricotta cheese
- ¾ cup (200g) yoghurt
- 1 cup (250ml) soy, rice or other cereal drink with at least 100mg of added calcium per 100ml

**Choose mostly reduced fat. Whole milk is a good choice if you don't feel hungry, are losing weight or are at risk of malnutrition – unless a doctor advises you differently.*

If you do not eat any foods from this group, try the following foods, which contain about the same amount of calcium as a serve of milk, yoghurt, cheese or alternatives (note: the kilojoule content of some of these serves [especially nuts] is higher so watch this if trying to lose weight).

- 100g almonds with skin
- 60g sardines, canned in water
- ½ cup (100g) canned pink salmon with bones
- 100g firm tofu (check the label as calcium levels vary)

1
cup



2
slices



¾
cup



1
cup



You should try to eat a variety of nutritious foods every day. It can be a good idea to have your main meal in the middle of the day, when you're likely to feel hungrier and more like cooking.

We've provided two sample meal plans for you here.

Day 1

Breakfast

Traditional porridge with milk and a piece of fresh fruit



Mid-morning snack

One piece of fresh fruit



Light meal

Wholegrain salad sandwich with chicken, ham, tinned fish, egg, baked beans or cheese



Afternoon snack

Wholegrain crackers with cheese or peanut butter



Main meal

Meat, chicken or fish, plenty of coloured vegetables and a small serve of sweet potato



Supper

Tub of unsweetened yoghurt



Day 2

Breakfast

Boiled or poached egg on wholegrain toast and a piece of fresh fruit



Mid-morning snack

Tub of unsweetened yoghurt and a piece of fresh fruit or some berries



Main meal

Meat, chicken or fish, plenty of coloured vegetables and a small serve of rice or pasta



Afternoon snack

One slice of wholegrain fruit loaf and a glass of milk



Light meal

Vegetable and lentil soup with wholegrain bread



Supper

Hot chocolate
Make with high-protein milk if you need to gain weight.
(see our section on 'Recipes to gain weight')





Water is essential

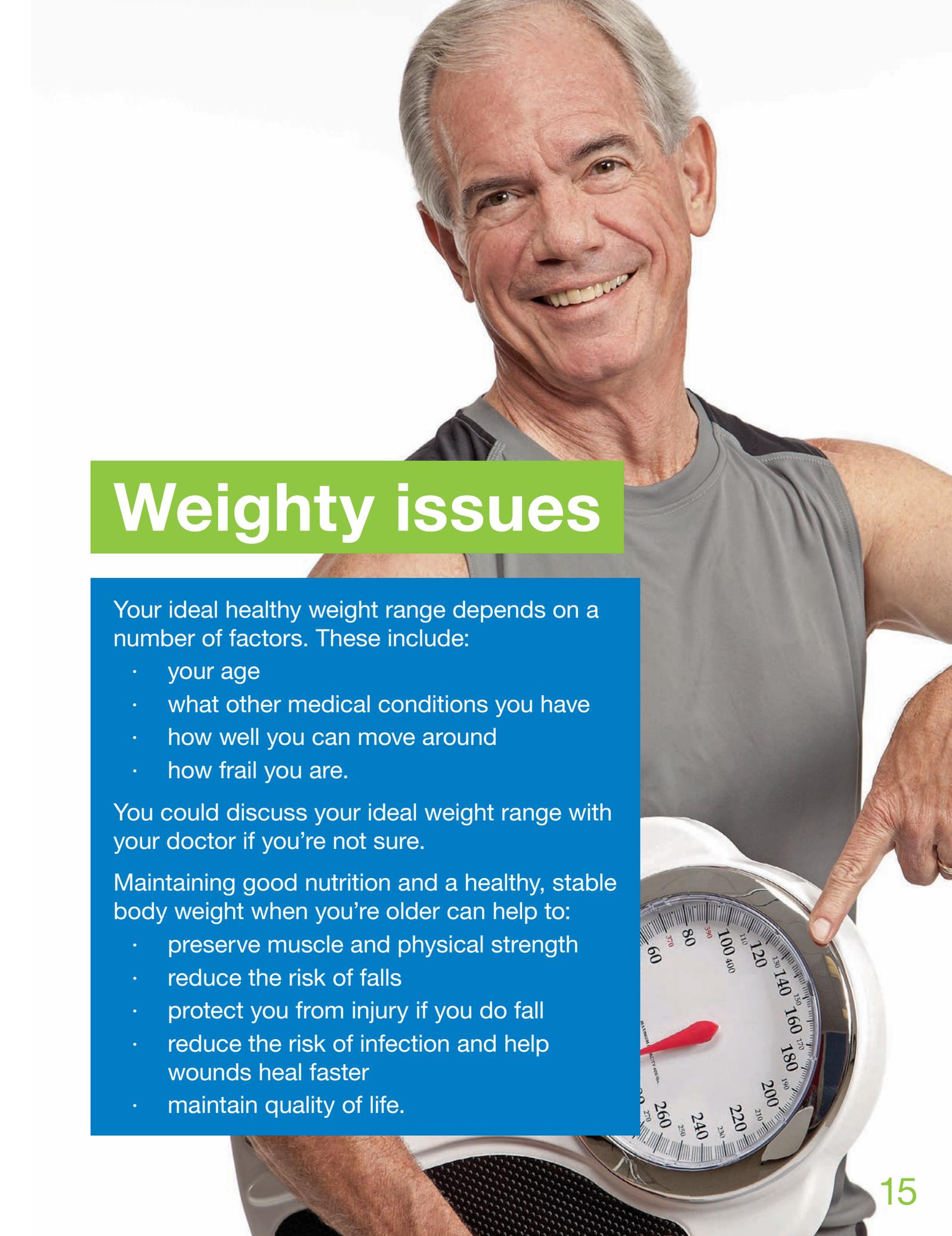
Older people may have a dry mouth but often won't feel thirsty. These tips are important:

- water is essential for good health but intake needs vary a lot from person to person
- your fluid intake needs will depend on the weather, your physical activity, age and health
- as a general guide about 8 cups for women and 10 cups for men is recommended but talk to your doctor or dietitian about what's right for you
- tea, coffee, soups and milk all count towards your fluid intake for the day
- water is always best unless you are underweight, losing weight or have lost your appetite when you may be better to have higher energy fluids such as milk and fruit juices instead
- drink more if the weather is hot or when you're more active
- drink if you feel thirsty or if your mouth is dry
- drinking enough water every day can help to prevent and treat constipation, bladder infections and bladder incontinence
- if you feel more thirsty than usual, check your blood glucose levels. High blood glucose levels can cause increased thirst and urination. If your blood glucose levels are high, follow your sick day care plan or seek medical advice from your doctor.

Alcohol

Alcohol can affect your balance, have a strong effect on an empty stomach, and interact with your medicines. Remember these tips:

- limit your alcohol intake to two standard drinks per day
- you can become unstable on your feet after just one drink
- if you drink alcohol, make sure you have some food at the same time
- alcohol can affect some medicines, so check with your doctor or pharmacist whether this is an issue for you.



Weighty issues

Your ideal healthy weight range depends on a number of factors. These include:

- your age
- what other medical conditions you have
- how well you can move around
- how frail you are.

You could discuss your ideal weight range with your doctor if you're not sure.

Maintaining good nutrition and a healthy, stable body weight when you're older can help to:

- preserve muscle and physical strength
- reduce the risk of falls
- protect you from injury if you do fall
- reduce the risk of infection and help wounds heal faster
- maintain quality of life.

This table shows the healthiest and safest weight range for height in men and women aged over 65 years. This range is higher than in younger adults.

| Height | | Ideal weight range | |
|-----------------|-------------|-----------------------------|----------------|
| Feet and inches | Centimetres | Stones (st) and pounds (lb) | Kilograms (kg) |
| 4' 8" | 142 | 6 st 13 lb – 8 st 5 lb | 44.4 – 54.4 |
| 4' 9" | 145 | 7 st 3 lb – 8 st 12 lb | 46.3 – 56.8 |
| 4' 10" | 147 | 7 st 6 lb – 9 st 1 lb | 47.5 – 58.3 |
| 4' 11" | 150 | 7 st 10 lb – 9 st 7 lb | 49.5 – 60.8 |
| 5' 0" | 152 | 7 st 13 lb – 9 st 10 lb | 50.8 – 62.4 |
| 5' 1" | 155 | 8 st 4 lb – 10 st 2 lb | 52.9 – 64.9 |
| 5' 2" | 158 | 8 st 8 lb – 10 st 8 lb | 54.9 – 67.4 |
| 5' 3" | 160 | 8 st 11 lb – 10 st 11 lb | 56.3 – 69.1 |
| 5' 4" | 163 | 9 st 2 lb – 11 st 2 lb | 58.5 – 71.7 |
| 5' 5" | 165 | 9 st 5 lb – 11 st 7 lb | 59.9 – 73.5 |
| 5' 6" | 168 | 9 st 10 lb – 11 st 13 lb | 62.1 – 76.2 |
| 5' 7" | 170 | 9 st 13 lb – 12 st 5 lb | 63.6 – 78.0 |
| 5' 8" | 173 | 10 st 4 lb – 12 st 9 lb | 65.8 – 80.8 |
| 5' 9" | 175 | 10 st 7 lb – 12 st 13 lb | 67.4 – 82.7 |
| 5' 10" | 178 | 10 st 12 lb – 13 st 5 lb | 69.7 – 85.5 |
| 5' 11" | 180 | 11 st 2 lb – 13 st 9 lb | 71.3 – 87.5 |
| 6' 0" | 183 | 11 st 7 lb – 14 st 2 lb | 73.7 – 90.4 |
| 6' 1" | 185 | 11 st 11 lb – 14 st 6 lb | 75.3 – 92.4 |
| 6' 2" | 188 | 12 st 2 lb – 14 st 12 lb | 77.8 – 95.4 |

Ideal weight ranges may differ between ethnic groups so check with your doctor to see if this affects you.

Are you overweight?

If you're above your most healthy weight you're at higher risk of developing joint pain from arthritis, as well as chronic conditions such as heart disease and cancer. You may find it difficult to move around comfortably and safely. You could consider:

- eating regular meals across the day and limiting snacks
- choosing nutritious foods and limiting foods containing added sugars, fats and salt (including cakes, biscuits, chocolate, sweetened drinks, pastries, pies and fried foods). These foods are high in calories and should only be eaten sometimes and in small amounts
- being as active as you can every day.

Always consult a dietitian or your GP before trying to lose weight, because losing weight when you're older can sometimes do more harm than good.

Are you underweight?

If you're underweight or you're losing weight without trying:

- have a thorough check-up with your doctor and a diet review to find out whether there's a medical reason for your weight loss
- have your blood glucose level checked by your doctor, because regular high glucose levels can lead to weight loss
- eat small amounts of food, often
- make every mouthful count – choose higher energy foods and drinks or add extra kilojoules to the foods and drinks you already have
- avoid drinking too much liquid in the half-hour before and after meals, to help prevent overfilling your stomach.

Do you find it hard to eat or swallow?

Sometimes you may lose teeth or have new or loose dentures that make your mouth sore when you chew. You may have problems swallowing certain foods or drinks. These problems may make you feel like not eating but it's important to make sure you eat enough to maintain your health. If this affects you try seeing:

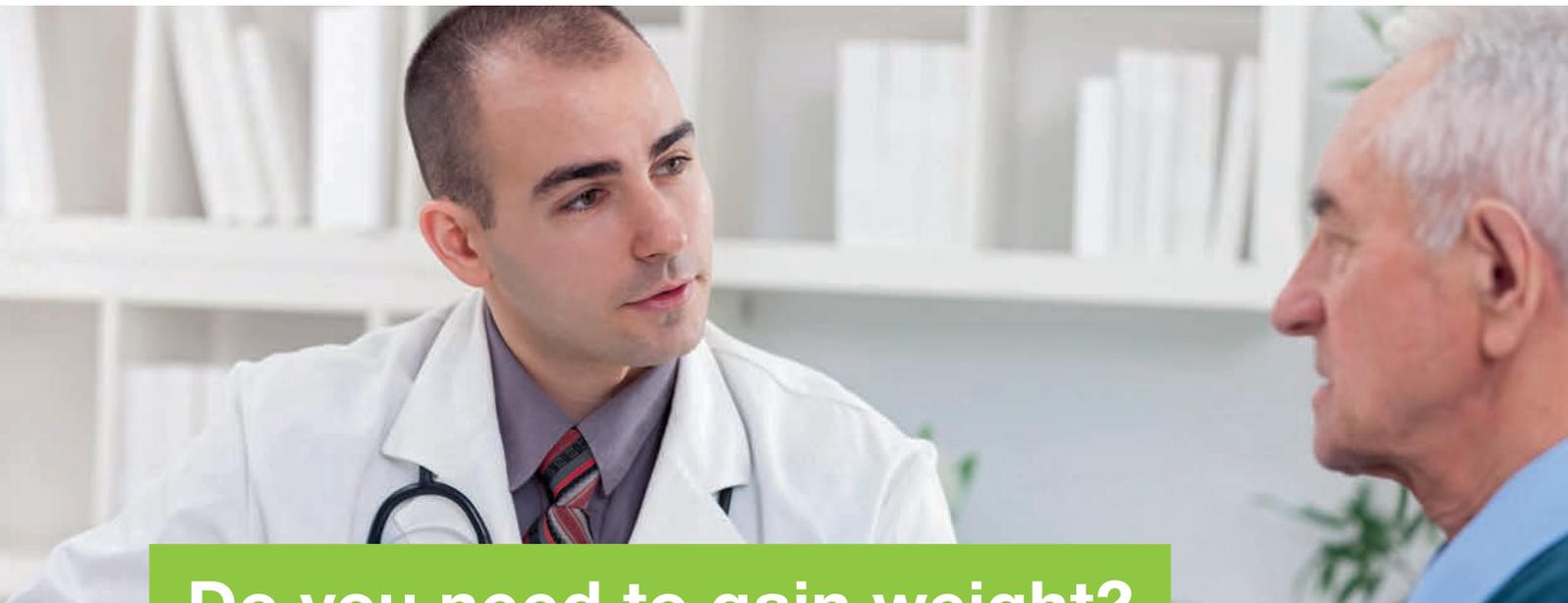
- your doctor or dentist to have a look at the problem with your mouth
- your doctor or dietitian if you aren't able to eat meat or other foods due to your sore mouth or if you are losing weight
- a speech pathologist if you choke, cough or have discomfort during or after eating and drinking.

Have you lost your appetite?

As you get older you may lose your appetite for many reasons: you may be sick or in pain, grieving or lonely, or it may be the result of the ageing process or certain medications. If you lose your appetite, you should have a check-up with your doctor.

Then, if there's no underlying medical cause, try some of these ideas:

- eat three small meals and three or more snacks every day, even if you don't feel hungry
- eat in a relaxed environment – for example, listen to some music or take your lunch to the park
- eat in the company of others whenever possible
- stimulate your appetite by doing some physical activity before you eat, no matter how small it might be
- eat food that you enjoy
- make every mouthful of food as tasty and nutritious as possible
- eat when you're hungry, even if it's not meal time.



Do you need to gain weight?

Sometimes you may need to gain weight if you're sick, frail or have lost weight. If you need to gain weight to improve your health, you might like to try one of these practical tips:

- choose some energy-containing drinks in place of water and black tea and coffee such as milk drinks, fruit smoothies and fruit juices.
- add evaporated or high-protein milk (see our 'Recipes to help gain weight' section) to coffee, tea, breakfast cereal, soups and smoothies
- spread toast and sandwiches thickly with margarine, peanut butter, other nut spreads, avocado, mayonnaise or cream cheese
- include a high-protein food with every meal such as tinned fish, eggs, cheese, milk, meat, chicken, nuts or legumes
- use olive or canola oil when cooking meat, eggs or fish and use olive oil dressing or avocado on salads and vegetables
- add milk, evaporated milk, milk powder, cream, cheese, olive oil and lentils or canned beans to soups, stews and savoury dishes
- use full cream dairy products rather than low fat ones
- have a piece of your favourite cake or slice.

You might need some advice about how eating extra food will affect your diabetes so its worth talking to your doctor, diabetes educator or dietitian before you make any changes.



Shopping and cooking



Shopping

Here are some tips to help you streamline your shopping and make sure you have everything you need for healthy eating:

- knowing what to choose at the supermarket to help manage your blood glucose levels, cholesterol and blood pressure can be difficult. Your state or territory diabetes organisation can help you with this so give them a call on **1300 136 588**
- plan your meals for the week, write a shopping list and use it to make sure you buy all the ingredients you need
- bulk-buy foods such as bread or meat and freeze smaller portions that you can thaw and cook meals for one or two people
- buy several ready-to-eat, reduced-salt meals that you can store in the freezer or use if you get sick or don't feel like cooking
- shop with a friend or relative, or check whether your local shop offers home delivery
- if you need assistance with shopping and/or cooking, call 1800 200 422 or go to the My Aged Care website at www.myagedcare.gov.au. This website also has up-to-date information about aged care services in your local area and ideas about how to be active and healthy.

Cooking for one or two

There are some tricks to cooking for just one or two people, including cooking smaller or simpler meals, or cooking full-size meals and freezing some portions. Here are some tips:

- make every meal straightforward. Cooking doesn't have to be time-consuming or complicated – keep it simple and nutritious
- if you're not confident with cooking, ask a friend or relative for basic cooking tips. If you can learn how to cook a simple soup, meat or vegetable dish, you'll have enough skills to try cooking a range of simple recipes
- make one-dish meals such as our 'Salmon pasta for 1' (see our 'Recipes' section)
- try a 'meat and three-veg' approach to meals. Visit your local butcher for ready-made meat products such as chicken parmigiana or steaks, and then serve them with boiled or mashed potatoes and steamed or microwaved vegetables (such as carrots, peas or broccoli)
- turn a simple snack into a nutritious light meal, such as baked beans or tomato and cheese on toast, or soup with wholegrain toast
- take turns to prepare and share meals with family and friends
- cook a big batch and freeze single portions. For example, make a casserole from fresh ingredients then freeze leftovers into single serves in takeaway containers or zip-lock bags (but remember to label and date them)
- if you don't want to have leftovers, halve the measurements in your favourite recipe to reduce waste. The following table will help you.



When a recipe calls for

To halve it, use

¼ cup

2 tablespoons

⅓ cup

2 tablespoons plus 2 teaspoons

½ cup

¼ cup

⅔ cup

⅓ cup

¾ cup

6 tablespoons

1 tablespoon

1 ½ teaspoons

1 teaspoon

½ teaspoon

½ teaspoon

¼ teaspoon

Note: If you halve a recipe, it may cook more quickly, so check on your meal 10 minutes earlier than the original recipe says.

If you find cooking difficult, consider getting Meals on Wheels. Look in the White Pages or visit www.mealsonwheels.org.au for your local Meals on Wheels contact number.

If you get Meals on Wheels try not to split the meals by having half at lunch and half at dinner as this may not provide you with the nutrition you need.



Salmon pasta for 1

Ingredients:

- 90g spaghetti or other dried pasta
- ½ cup frozen peas
- 100g smoked salmon cut into pieces
- 1 tablespoon olive oil
- dill and basil leaves, chopped (optional)
- 1 tablespoon grated parmesan
- 1 handful of rocket or baby spinach

Method:

1. Cook pasta according to packet directions. Drain.
2. Microwave peas for 2 minutes or until cooked through. Drain.
3. Toss pasta with salmon, peas, and herbs (if using). Mix olive oil through. Top with parmesan and serve with rocket or baby spinach.

Note: This dish is also delicious with pan-fried fresh salmon, tinned salmon or tuna or shredded chicken (available from the deli section at major supermarkets).

Nutrition per serve: Energy 1576kJ, Carbohydrate 59.0g, Fat 26.4g, Sat Fat 6.6g, Fibre 6.8g, Sodium 400mg



Hearty chicken and vegetable soup (Makes 8 serves)

Ingredients:

- 2 tablespoons olive oil
- 1 leek, halved, washed and thinly sliced
- 2 garlic cloves, crushed
- 2 large carrots, peeled & diced
- 2 sticks celery, diced
- 2 small red capsicums, diced
- 1 swede or turnip, peeled & diced
- 1 tin borlotti beans, drained and rinsed
- 4 cups salt-reduced chicken stock, store bought or made with stock cubes or powder stock
- 4 fresh chicken thighs, cut into bite-sized pieces
- fresh chopped herbs such as chives and thyme (optional)

Method:

1. Heat oil in a large saucepan over medium heat. Add leek and garlic. Cook, stirring, for 2 minutes or until soft but not coloured. Add carrot, celery, red capsicum and swede. Cook for 2 minutes. Stir in borlotti beans, stock, chicken and 4 cups cold water. Increase heat to high to bring to the boil.
2. Reduce heat to low then simmer, partially covered, stirring occasionally for 1 hour or until vegetables are tender. Season with salt and pepper.
3. Top with fresh herbs (if using) and serve with wholegrain bread or toast.

To freeze leftovers, allow the soup to cool until the steam has gone, then serve out single or double portion sizes into microwave-safe containers or snap-lock bags (squeeze out any excess air from the bags as you seal them). Label with the contents, number of serves and date of cooking before storing in the freezer. When desired, remove a serving from the freezer and defrost it in a ceramic or glass bowl in the microwave, or allow it to defrost overnight in the fridge.



Nutrition per serve: Energy 1080kJ, Carbohydrate 10.8g,
Fat 16.6g, Sat Fat 4.4g, Fibre 3.6g, Sodium 658mg

Beef casserole

(Makes 4 serves)

Ingredients:

- 2 teaspoons olive oil
- 600g fresh chuck steak, trimmed & cut into bite-sized pieces
- 1 brown onion, cut into thin wedges
- 2 carrots, trimmed & sliced
- 1 stick celery, diced
- 400g can diced tomatoes (with no added salt)
- 1 teaspoon dried mixed herbs (eg oregano, rosemary, marjoram)
- 2 medium sweet potatoes, cut into bite-sized cubes
- green beans to serve

Method:

1. Heat oil in a heavy-based saucepan or flameproof casserole dish over medium-high heat. Add quarter of the beef and cook for 5 minutes, until browned on all sides. Transfer to a plate. Repeat with remaining beef, in batches.
2. Add onion, carrot and celery to pan. Cook, stirring occasionally, for 8 minutes, until onion is soft. Add tomatoes, herbs and 2 cups of water to the pan. Bring to the boil. Return beef to pan and add in sweet potato. Reduce heat to medium-low, partially cover and simmer for 1½ hours, or until meat is tender.
3. Serve with steamed green beans or other vegetables if you prefer.

Freeze leftovers following the instructions for the 'Hearty chicken and vegetable soup' recipe, then defrost and reheat when desired.

Nutrition per serve: Energy 1441kJ, Carbohydrate 28.1g, Fat 10.2g, Sat Fat 3.3g, Fibre 5.7g, Sodium 221mg



Carrot cake muffins

(Makes 12)

Ingredients:

- 1 cup wholegrain self-raising flour
- ¼ cup traditional rolled oats
- ¼ cup brown sugar
- 1 teaspoon cinnamon
- 2 eggs
- 140g apple puree
- 2 medium carrots, grated
- ½ cup diced prunes or dates
- 1/3 cup olive oil or margarine

Method:

1. Preheat oven to 180 degrees Celsius and grease a 12-cup muffin tin with olive oil or margarine.
2. Sift flour and mix together with oats, sugar and cinnamon.
3. In a separate bowl, whisk together eggs, apple purée and oil. Create a well in the centre of the dry ingredients and pour in the apple mixture. Combine well. Stir in carrots and prunes/dates, gradually adding teaspoons of hot water if the mixture becomes too dry.
4. Spoon the batter into the muffin tin and bake for 15–20 minutes.

Freeze leftovers following the instructions for the 'Hearty chicken and vegetable soup' recipe, then defrost and eat when desired.

Nutrition per serve: Energy 598kJ, Carbohydrate 18.7g, Fat 5.8g, Sat Fat 1.0g, Fibre 1.0g, Sodium 103mg



High-protein milk

(Makes 1 serve)

Ingredients:

- 250ml (1 cup) full-cream milk
- 2 tablespoons full-cream milk powder

Method:

Add milk powder to cup of milk and stir thoroughly. Use in coffee, tea, cereal, smoothies etc.

Nutrition per serve:

Energy 1073kJ

Carbohydrate 22.4g

Fat 13.2g

Sat Fat 8.6g

Fibre 0g

Sodium 145mg



High energy, high protein smoothie

(Makes 2 serves)

Ingredients:

- $\frac{3}{4}$ cup full-cream milk
- 2 tablespoons full-cream milk powder
- 1 scoop ice cream
- 1 cup chopped fruit (try banana, strawberries and/or blueberries)

Method:

Combine all ingredients in a blender and blend on high for 1 minute until smooth.

For those who don't have dairy foods try making both these recipes with a fortified non-dairy milk (soy, rice, oat etc) and a rice or pea protein powder.

Nutrition per serve:

Energy 761kJ

Carbohydrate 21.7g

Fat 7.2g

Sat Fat 4.7g

Fibre 2.14g

Sodium 71mg





Advice and information

We hope this booklet has given you some good general tips about healthy eating. However, there are times when you will need more personalised advice or further information.

When to seek advice

Speak to your GP, endocrinologist, dietitian, diabetes educator, community nurse or care coordinator if:

- you're sick
- your blood glucose levels are regularly higher or lower than your target range
- you lose your appetite
- you're losing weight without trying
- you experience incontinence or constipation
- you have trouble with a sore mouth, your teeth or swallowing
- you have trouble shopping or cooking.

You should also let a friend or family member know if you're sick or experiencing difficulties with your diabetes, shopping, cooking or eating.

More information

This booklet provides general information only. For personalised advice about healthy eating, please visit an accredited practising dietitian. The Dietitians Association of Australia can help you find a dietitian near you if you phone them on **1800 812 942** or visit their website at **www.daa.asn.au**. Alternatively, you can look in the Yellow Pages directory under 'dietitian'.

For more information about diabetes visit **www.ndss.com.au** or call your state or territory diabetes organisation on **1300 136 588**.

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