

DIABETES DIET

Healthier Food Choices To Control Diabetes

Fill 1/2 your plate with fruit & vegetable

Fruit & vegetables are naturally low in saturated & trans fat, rich in dietary fibre, vitamins & minerals. They help lower your risk of heart disease, stroke & certain cancers.

Prepare by stir-frying, sautéing, roasting, steaming or in soups.

Have fruits whole rather than as juices.

Fill 1/4 your plate with whole-grains

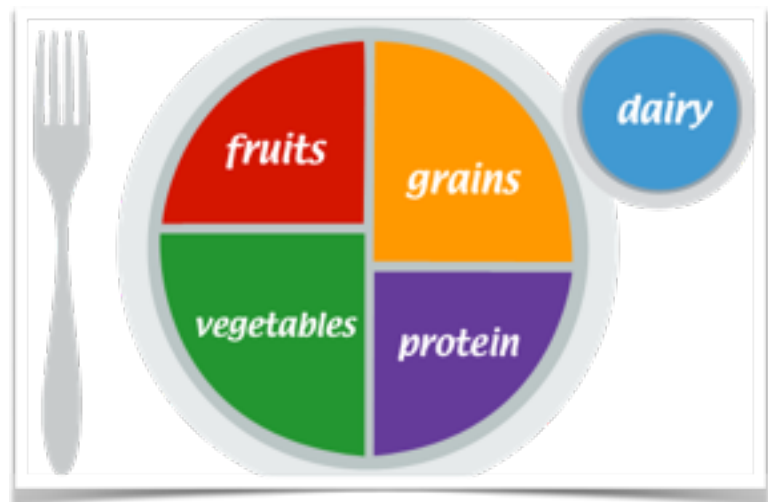
Whole-grains such as brown rice, wholemeal bread and rolled oats contain vitamins, minerals, phytochemical and fibre. They also have a lower Glycaemic Index compared to refined carbohydrates.

Choosing whole-grains better controls your diabetes, reduces your risk of heart disease, and helps with weight management.

Fill 1/4 with meat & others

Eat poultry, fish, eggs, nuts, bean products (eg tofu) and low-fat dairy products

Health Eating in Diabetes



If you choose your food wisely, you can still enjoy your foods while controlling your diabetes with fewer medications. Eating **REGULARLY** and **HEALTHILY** are the keys to good diabetes control.

Simple Dieting Principles

- Eat small and regular meals. Eat breakfast, lunch and dinner at regular times with a small snack in between meals.
- Reduce the amount of fats, salt and sugary foods
- Eat more foods that are high in fibre, including whole grain products
- Match your meal times to the timing and frequency of your medications.

My Healthy Plate

Use Health Promotion Boards's My Healthy Plate to plan the components and proportion of each meal.

Reference: HPB My Healthy Plate