

What is a healthy balanced diet?

All of us, whether we have diabetes or not, need to nurture our body with the right foods and nutrients.

Make sure you eat lots of vegetables to get the fibre, vitamins and minerals you need. Choose wholegrain, unprocessed starchy foods to provide the body with energy. Red meat should not be too fatty, in addition eat poultry and fish, especially fish containing healthy oils like snapper and mackerel. Eat small portions of whole fruits but limit smoothies and fruit juices. Added sugar in processed foods and drinks, saturated fat in oils like palm oil and butter and added salt should be limited.

If you have type 2 diabetes it is useful to think of reducing how much starchy foods and sugar you eat in one meal. Reducing the portion size will help your body manage your blood sugar.

**Limit foods with
added sugar, salt
and saturated fat**



**1-2 portions of
fruit per day**



**Proteins, beans,
fish, lean meat & low
fat dairy**



**Unprocessed
starchy foods &
wholegrains in
healthy portion sizes**



**3 or more portions
of vegetables each
day**

