

People with diabetes need to eat healthy foods and avoid some foods. There is no single diet for diabetes, as we all have unique needs. Aim to eat foods from the five food groups: fruit and veggies, starchy food, dairy, protein and fat. Your GP can help you to learn the basics of healthy eating. They may help you make a diet plan that suits your needs.

Your GP will play a key role in your diabetes care. If you have type 1 diabetes, your GP may suggest you see a diabetes educator for specific advice.

## What is a healthy diet?

A healthy diet can be achieved by taking some simple steps, such as:

- Eating small meals throughout the day and being aware of your portion sizes
- Eating foods from all five food groups each day, including two serves of fruit and five serves of veggies
- Choosing foods low in total fat and saturated fat (lean meat and low-fat dairy products)
- Limiting foods or drinks with added sugar and salt
- Choosing high fibre carbohydrate foods, like whole grains, long-grain rice, pasta, legumes, and oats
- Choosing low-GI foods at each meal
- Aiming to eat two servings of fish each week
- Limiting alcohol to two standard drinks per day if you choose to drink
- Drinking plenty of water; at least 1.5 litres per day for adults

Your GP can refer you to a dietitian or diabetes educator if you need more support.

## What questions could I ask my doctor?

- Who can help me plan my diet?*
- What foods should I avoid?*
- What symptoms should I look out for?*



## What else can I do?

Look after all aspects of your health. Exercise daily, get enough sleep and reduce stress.

Learn about healthy eating and the benefits. Ask your GP for help if you don't know which foods to eat.

If you are finding it hard to cope with your new diet, tell your GP. They may be able to refer you to a local support group for people with diabetes.

## Where can I learn more?

The following resources can help you learn more about diabetes and diet:

**Diabetes Australia** – Eating Well: [diabetesaustralia.com.au](http://diabetesaustralia.com.au)

**Diabetes NSW:**

- **Healthy Eating:** [diabetesnsw.com.au](http://diabetesnsw.com.au)
- **Managing Your Weight:** [diabetesnsw.com.au](http://diabetesnsw.com.au)

**Bilingual Resources:** [diabetesnsw.com.au](http://diabetesnsw.com.au)