

DIABETES

Health wise

 Meal
plan &
recipes
inside

 Pick n Pay

Inspired by you

Diabetes

Diabetes is caused by either too little insulin, or insulin that is available cannot be used effectively, resulting in uncontrolled levels of blood glucose in the blood. The foods we eat are used by the body to form sugar (glucose) that is absorbed into the blood after eating a meal. The hormone insulin is responsible for carrying this sugar from the blood into the cells, where it is converted into energy.

Coronary heart disease, kidney damage and poor eyesight are some of the long-term complications of uncontrolled blood sugar levels, and they can be prevented if blood sugar levels are kept within an acceptable range.

A balanced diet and regular exercise are the cornerstones of diabetes management. People with diabetes should follow the same healthy eating guidelines recommended for the general population.



USEFUL CONTACTS

To find a private dietitian in your area visit www.adsa.org.za.

Diabetes South Africa 011 886 3721/3765

or national@diabetessa.co.za

or www.diabetessa.co.za.

South African low-GI recipe books and the *SA GI GL Guide* written by Gabi Steenkamp are available from local bookstores. Or visit www.gabisteenkamp.co.za.

The key to healthy eating

- Eat at least three balanced regular meals a day, incorporating a variety of foods.
- Aim for at least five portions of vegetables and/or fruit every day.
- Plan your meals around small portions of starchy foods rich in soluble fibre, such as oats, bran cereals, sweet potato, beans, lentils and low-GI bread.
- Reduce your intake of sugar and highly sweetened foods.
- Cut back on saturated fats, found in butter, chicken skin and fat on meat.
- Avoid trans fats found in some margarines and processed foods.
- Eat fat-free or low-fat dairy products and use avocado, nut, canola or olive oil when cooking.
- When eating out, choose foods such as vegetable soups, dressing-free salads, grilled fish and chicken with no skin, rice and vegetables.
- Cut down on fast foods, convenience meals, toasted sandwiches, vetkoek, fried fish and chips, pies and pastries.
- You don't need to buy special 'diabetic' foods. They can be high in fat and fructose, and are unlikely to help with weight loss or blood glucose control.
- Avoid using fructose as a sweetener as high intakes have been linked to insulin resistance and eye damage.
- Losing weight can dramatically improve your blood sugar control – change to a healthier way of eating, control portions and increase physical activity.
- Use salt in moderation, as salt is linked to high blood pressure.
- Alcohol should be taken in moderation – not more than one or two drinks a day – and not on an empty stomach.

Diabetic-friendly products

This list is a summary of lower fat, lower GI products available at most Pick n Pay stores. For a more comprehensive list, please contact the Pick n Pay dietitian on 0800 11 22 88 or healthhotline@pnp.co.za.

Carbohydrate foods

BREAKFAST CEREALS

- Wholewheat ProNutro, Original and Apple Bake flavours
- Boosta and Morevite
- All Bran flakes and Hi Fibre bran
- Oat bran, raw
- Oat porridge – all brands cooked in milk
- Oats-based mueslis, e.g. Luxury Swiss muesli

COOKED STARCHES

- Baby potatoes, sweet potatoes
- Pasta
- Basmati rice, brown and Tastic white rice
- Barley and samp
- Mealies / sweetcorn – frozen, canned or fresh

LEGUMES

- Baked beans in tomato or chilli sauce
- Werda bean salad, three bean salad, lentil and rice salad
- Dried or tinned beans, lentils and chickpeas

BREADS

- 100% rye bread
- Seed loaf and low-GI breads
- Mini pitas

SAVOURY BISCUITS

- Provitas
- 100% rye crackers

SWEET BISCUITS

- Ouma Nutri rusks
- Original digestive biscuits
- Bokomo Premium rusks, Multigrain and Raisin

Protein foods

DAIRY PRODUCTS

- Fat-free or low-fat 2% milk
- Yoghurt and drinking yoghurt, fat free only
- Plain yoghurt, fat free or low fat
- Low-fat evaporated milk and buttermilk
- Soya milk, sweetened with fructose not maltodextrin
- Milk flavouring straws, eg Sipahh

CHEESE/SOYA

hard (less than 25g fat per 100g)

- Clover, low fat
- Mozzarella

soft (less than 20g fat per 100g)

- Cottage cheese, low fat or fat free
- Ricotta cheese
- Low-fat cheese wedges
- Simonsberg reduced-fat feta
- Soya mince (vegetarian)

MEAT AND POULTRY

- Lean pieces of beef, pork and chicken, trimmed of all fat and skin before cooking
- Skinless turkey
- Ostrich
- Back bacon, trimmed, low-fat and trimmed lean cold meats

OMEGA-3-RICH FISH (2–3 times a week)

- Pilchards and sardines
- Mackerel and herring
- Fish paste
- Salmon – smoked, canned and frozen fillets

NON-OILY FISH

- Hake, dorado, yellowtail, angelfish, monkfish, snoek and tuna
- Calamari, mussels, oysters

Fruit

- All fresh fruit
- Frozen mixed berries
- Tinned fruit, juice or syrup drained
- Dried fruit (control the portion)
- Dried fruit bars and rolls, not sugar coated



Vegetables

- * All fresh and frozen
- * Canned tomato and asparagus
- * Pickles – gherkins, onions and beetroot

Fats

OILS AND SPREADS

- * Olive, canola or avocado oil
- * Seeds
- * Unsalted nuts
- * Olives and olive paste
- * Peanut butter
- * Avocado
- * Flora tub margarines or Rama Idea low-fat spread

SALAD DRESSING

- * Low-oil dressings (less than 5g fat per 100g)
- * Reduced-oil salad cream (less than 20g fat per 100g)

Spreads

- * Sugar-free and reduced-sugar jams
- * Hummus, eg Pick n Pay North African or reduced fat
- * Tzatziki

Desserts

- (reduce your starch portion at a meal by half to allow for dessert)
- * Pick n Pay Choice or Country Fresh Lite vanilla frozen dessert
 - * Pick n Pay No Name jellies
 - * Ultramel Lite custard
 - * Alpro soya-flavoured dessert and dairy-free custard

Baking and cooking aids

- * Cook-in sauces and tomato-based pasta sauces (less than 3g fat per 100g)
- * Spray 'n Cook or Cook 'n Bake
- * Lite coconut milk
- * Digestive bran and nutty wheat flour
- * Rye and soya flour

Snacks

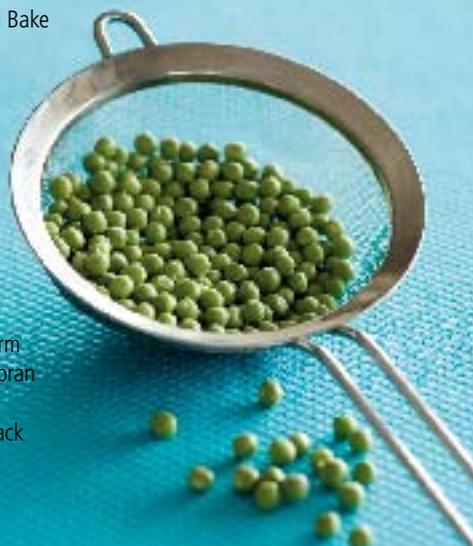
- * Unsalted nuts
- * Popcorn kernels
- * Lean biltong
- * Bars – Nutren or Fine Form or Bokomo Quick Break bran and raisin
- * Jungle energy munch snack mix and snack mix bar
- * Bokomo Up 'n Go
- * Milo chocolate drink

Cooldrinks

- * Pure lemon juice
- * 100% pure fruit juice, diluted with water
- * Tomato juice and cocktail
- * All lite concentrates and cordials
- * Unflavoured sparkling and still mineral water
- * Sugar- and caffeine-free cooldrinks

Sweeteners

- * All varieties



THE GLYCAEMIC INDEX (GI)

The glycaemic index of foods is simply a rating of starchy foods according to their actual effect on blood glucose levels. Starchy foods that have a low or intermediate GI are slow-release carbohydrates and are the best choices for people with diabetes as they do not result in a high rise in blood glucose levels. People with diabetes should limit foods with a high GI as they result in a sudden increase in blood sugar levels. Portion size control is as important as choosing slow-release foods. The glycaemic load (GL) of a meal or food takes into account the portion and the rate of absorption of the carbohydrate in the food.

Meal-planning ideas

To make your menu planning easier, here are some meal suggestions. Choose one option per meal and one mid-morning and mid-afternoon snack.

Breakfast

1 small cup of oat porridge cooked in milk with added raw oat bran and 1 Tbsp raisins

1 cup of bran flakes with fat-free milk or yoghurt and 1 small banana, sliced, with 1 Tbsp almonds

1 slice of toast with 3 Tbsp baked beans or 1 poached or boiled egg with a grilled tomato plus ¼ large pawpaw with lemon

Smoothie: blend 1 cup fat-free yoghurt or milk with 2 fruits and 1 Tbsp each peanut butter and oat bran

Snacks

1 piece of fresh fruit and a small tub of fat-free fruit yoghurt

2–3 pieces of dried fruit with a handful of nuts

4 Provitas with cottage cheese and cucumber or hummus or peanut butter

1 slice of anchovy toast

Milo with fat-free milk

Light meal

1–2 slices of low-GI bread with tuna in brine, skinless chicken, lean beef or cottage cheese plus salad vegetables with ½ small avocado or 5 olives

2 mini pitas filled with egg mayo (2 boiled eggs with 1 Tbsp lite mayo)

1 bowl of thick bean or lentil vegetable soup and grated mozzarella plus 1 slice of toast

1 tin sardines on 2–4 rye crackers with a mixed green salad and ½ small avocado

Main meal

1 small baked sweet potato or a small cup of cooked brown rice plus 1 palm-sized portion of skinless chicken, lean beef, pork fillet or fish plus vegetables or salad with ½ small avocado or 5 olives

Stir-fry vegetables with 1 palm-sized portion of beef, pork or chicken strips with 1 Tbsp sesame oil and soya sauce served with a small cup chickpeas, rice or spaghetti

2 pilchard fish cakes with sweet chilli sauce and 2–3 boiled baby potatoes and steamed vegetables

Mushroom and tomato omelette (2 eggs) served with roasted vegetables and a boiled mealie

Optional dessert: a small piece of fruit with some fat-free yoghurt

Note: portion sizes are estimated and are to serve as a guide only. Contact a private dietitian for an individualised meal plan and portion guide.

Healthy meals

Along with exercise and medication, nutrition is important for good diabetes control. By eating well-balanced meals in the correct quantities, you can help keep your blood glucose level as close to normal as possible.

Potato and salmon tumble

This equals 2 of your 5-a-Day

SALAD

- * 400g (4–5 medium) sweet potatoes, unpeeled and cut into wedges
- * Olive oil
- * 1 can (400g) salmon
- * 1 red onion, sliced
- * 1 avocado, diced
- * 1 large tomato, chopped
- * ½ packet (15g) rocket leaves
- * Salt and milled pepper

DRESSING

- * 3 Tbsp (45ml) mayonnaise
- * 1 Tbsp (15ml) tomato sauce
- * Juice of ½ lemon

Preheat oven to 200°C. Place potato wedges on a baking tray and toss with a little olive oil. Season and bake for 30–40 minutes or until golden and crisp. Toss salad ingredients and arrange on a platter. Top with wedges and season to taste. Mix dressing ingredients together and drizzle over salad.
Serves 4

Fattoush with olive oil dressing

This equals 1 of your 5-a-Day

SALAD

- * 3 wholewheat pitas
- * 1 packet (300g) Pick n Pay cherry tomatoes, halved
- * 1 red onion, sliced
- * ½ cucumber, peeled and diced
- * 1 cup (250ml) mint, chopped
- * 1 cup (250ml) flat leaf parsley, chopped
- * ½ cup (125ml) olives
- * 1 disc feta, diced

DRESSING

- * ½ cup (80ml) olive oil
- * Juice and grated peel of 1 lemon
- * ½ tsp (3ml) sugar
- * 1 clove garlic, crushed
- * 1 tsp (5ml) dried mint
- * Salt and milled pepper

Preheat oven to 200°C. Whisk dressing ingredients together in a bowl. Toast pitas in the oven until crisp. Cool and break into chunks. Place tomatoes in a salad bowl and squeeze lightly to release juices. Toss in remaining salad ingredients and add pita chunks. Drizzle over dressing, toss salad and serve immediately.
Serves 4

Chicken curry in a hurry

This equals 2 of your 5-a-Day

- * 3 skinless chicken breasts, deboned and diced
- * Salt and milled pepper
- * Vegetable oil for frying
- * 1 onion, sliced
- * 2 cloves garlic, chopped
- * 2 Tbsp (30ml) chopped ginger
- * 1 chilli, chopped
- * 2–3 Tbsp (30–45ml) curry powder
- * 1 tsp (5ml) sugar
- * 4 cups (about 1 head) cauliflower florets
- * ½ cup (125ml) chicken stock
- * Juice and grated peel of 1 lemon
- * 1 cup (250ml) plain yoghurt
- * Steamed rice to serve
- * Coriander (optional) to serve
- * ¼ cup (60ml) toasted desiccated coconut to serve

Season chicken. Heat a little oil in a saucepan and brown chicken. Remove and set aside. Fry onion until soft, then add garlic and ginger and fry for about a minute. Toss in curry powder, sugar, cauliflower, stock, and lemon juice and peel. Simmer until cauliflower is almost tender. Stir in chicken and yoghurt and simmer until chicken is cooked through. Serve with rice, coriander and toasted coconut.
Serves 4

Pan-fried fish with chilli herb oil

- * ¼ cup (60ml) Italian parsley, finely chopped
- * Juice and grated peel of 1 lemon or 2 limes
- * 1 red chilli, deseeded and finely chopped
- * 4 tsp (20ml) olive oil
- * 1–2 cloves garlic, crushed
- * Pinch of sugar
- * 4 x 200g firm fish fillets

Mix first six ingredients together in a bowl. Brush a little herb oil mixture over each fish fillet. Heat a non-stick pan. Cook fish for about 5 minutes on each side or until cooked through. Place remaining herb oil in a pot and heat through. Drizzle fish with herb oil and serve with rice, creamy mash or baked baby potatoes.
Serves 4



The following is an indication of a plate of healthy, balanced food

FRUIT

With breakfast and as a snack in between meals (2–3 servings a day)

1 serving =

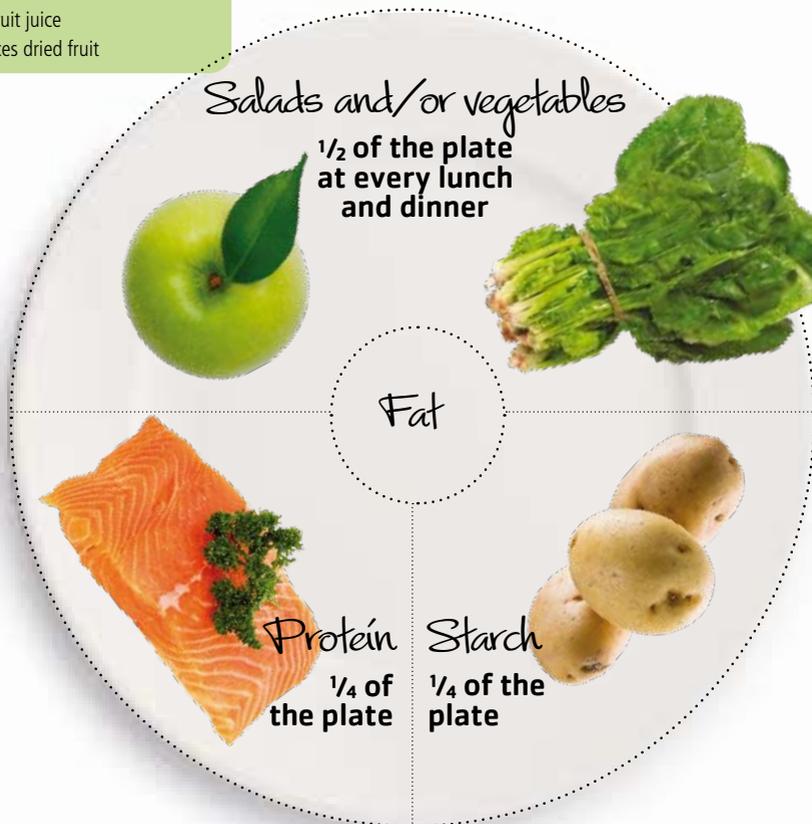
- ★ the size of a tennis ball
- ★ a cup of cut fruit
- ★ 125ml fruit juice
- ★ 2–3 pieces dried fruit

VEGETABLES

As much as you like with meals and as snacks

1 serving =

- ★ ½ cup cooked or 1 cup raw



PROTEIN

Add 1 serving of protein-rich food to every meal

1 serving =

- ★ Red meat/chicken/fish: size of palm of hand, thick as little finger
- ★ 1–2 eggs (max of 4 a week)
- ★ 1 cup low-fat or fat-free milk or yoghurt
- ★ A matchbox size of low-fat cheese
- ★ ½ cup low-fat or fat-free cottage cheese

FAT

Add 1 serving of fat to every meal. 1 serving =

- ★ 1 tsp margarine or oil
- ★ 2 tsp peanut butter
- ★ 1 Tbsp 'lite' mayonnaise or low-oil salad dressing
- ★ 1 Tbsp (30g) unsalted nuts
- ★ ¼ avocado
- ★ 5–8 olives

STARCH

Add 1 serving of slow-release starch 1 serving =

- ★ A fist-sized portion of bran-rich cereal
- ★ A fist-sized portion of cooked pasta, brown rice, legumes and sweet or baby potatoes
- ★ A slice of seed loaf
- ★ 2–4 Provitas or Ryvitas