

Healthy eating to reduce your risk

Eating healthy foods can help you to reduce your risk of type 2 diabetes and improve your wellbeing

Follow these tips for a healthy and balanced meal.

Aim to fill half your plate with vegetables or salad, followed by a lean protein and a healthy carbohydrate.

Vegetables and salad

Vegetables or salad can make up at least half of your plate. Vegetables are high in fibre and low in kilojoules, making them ideal for weight control.

Include:

- salad leaves
- green leafy vegetables
- Asian greens
- carrots
- pumpkin
- beans
- cauliflower and broccoli
- peas and snow peas
- tomatoes
- mushrooms
- capsicum
- eggplant

Lean protein

Lean proteins can make up a quarter of your plate.

Include:

- skinless chicken and turkey
- trimmed beef and lamb
- fish
- tofu
- eggs

Healthy carbohydrates

High-fibre carbohydrates can make up a quarter of your plate.

Include:

- wholegrain and rye breads
- basmati and brown rice
- pasta and noodles
- quinoa, couscous and freekeh
- legumes and lentils
- potato, sweet potato and corn

Water

Where possible, drink plain water. Limit all soft drinks, cordials, fruit juice, sports and energy drinks.



Healthy plate image from Women's Health Queensland.

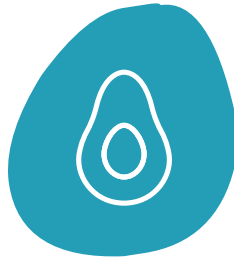


6 tips for healthy eating

Increase your good fats

Protect your heart by swapping saturated fats with healthy unsaturated fats.

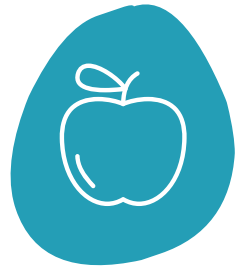
Try drizzling extra virgin olive oil on your salads, having avocado on wholegrain toast and eating oily fish such as salmon or sardines.



Eat plenty of fibre

Choose plenty of vegetables, wholegrain breads and cereals, legumes, nuts, seeds and fruit.

Make vegetables the focus of your meals. Aim for 5 serves of vegetables and 2 serves of fruit every day.



Reduce your sugar intake

Eating too many foods that are high in added sugar can make you put on weight.

Being above your healthy weight range can increase your risk of developing type 2 diabetes.

Limit sugary drinks, confectionary, sugary breakfast cereals, cakes, muffins, biscuits and pastries.



Limit alcohol

Alcohol is high in kilojoules, low in nutrients and can lead to weight gain.

To reduce the long-term risks to your health, adults should consume no more than 2 standard drinks on any day.

1 standard drink = a pot/middy of beer (285ml) or a 100ml glass of wine



Limit red meat and processed meats

Eating too much red meat and processed meats has been linked to an increased risk of type 2 diabetes.

Choose lean cuts of red meat in small portions.

Limit processed meats such as bacon, sausages and deli meats.



Need to manage your weight?

Some simple tips on decreasing your weight are:

- Follow our healthy plate model.
- Choose smaller portions.
- Eat more non-starchy vegetables.
- Include regular physical activity into your day.
- Visit a dietitian and/or an exercise physiologist for a more personalised plan.



For more information on healthy eating and living visit:

Diabetes Victoria

diabetesvic.org.au/reducing-risk
1300 437 386

Life! helping you prevent diabetes, heart disease and stroke program

lifeprogram.org.au
13 RISK (13 74 75)

Eat for Health

eatforhealth.gov.au

LiveLighter

livelighter.com.au

