

Spread your food over the day

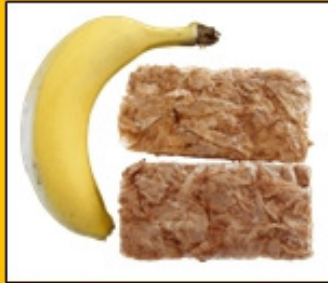
Helps keep your blood sugar level – not too many ups and downs.

Keeps you feeling full stops you making poor food choices.



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Expiry date:31 Dec 2018

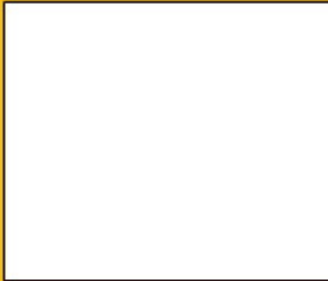
1. Breakfast choose one



2 wheat bricks



bowl of porridge



boiled egg with toast

2. Smoko choose one



Apple

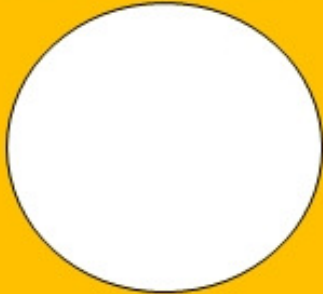


yoghurt



hard boiled egg

3. Mid day choose one



Salad sandwich



Stew with pasta & veggies



Fish with veggies & rice

4. Arvo choose one



Orange



yoghurt



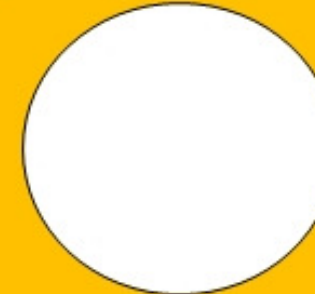
Salad Sandwich (small)



5. Dinner choose one



Stir fry/noodles



Stew with pasta & veggies



Fish with veggies & rice

Good eating – Spread your foods over the day

Breakfast



Smoko



Mid day



Arvo



Evening



Good eating – Spread your foods over the day

Breakfast



Smoko



Mid day



Arvo



Evening



There is no need to print the following page when printing and using this resource

Health Professional Facilitator Information

You must use your own professional judgement when using this resource

Purpose of resource:

To provide simple pictorial information about spreading your food throughout the day

It can be used in a clinical or community setting. Including how to incorporate the dietary needs of someone with a chronic disease.

Target group:

This resource is designed for use with someone who has diabetes.

Note:

Blank spaces on first page of the resource can be used to write in the clients own preferences.

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