

Dietitians New Zealand | Ngā Pūkenga Kai Ora o Aotearoa

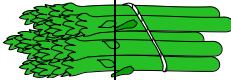
EMPOWERING KIWIS  
TO EAT WELL

INFORMATION *for people*  
and *whānau* with DIABETES



**BASIC GENERAL**  
FOODS TO ENJOY AND FOODS  
NOT RECOMMENDED

20  
/  
23

# Foods to enjoy and Foods not recommended

Foods to enjoy	Foods not recommended		
<ul style="list-style-type: none"> <li>• These foods contain very little carbohydrate or fat and are low in kilojoules / calories.</li> <li>• They are an excellent source of fibre, vitamins, minerals and antioxidants essential for good health.</li> </ul>	<ul style="list-style-type: none"> <li>• Foods that contribute large amounts of sugar, kilojoules/calories to your diet.</li> <li>• They may also be high in fat and salt and offer very little nutritional value.</li> <li>• Eating too many of these foods may cause high blood glucose levels.</li> </ul>		
Choose a variety of different coloured vegetables daily	Consider alternatives or smaller portions of these foods		
<p>Vegetables – fresh or frozen</p> <table border="0" style="width: 100%;"> <tr> <td style="vertical-align: top; width: 50%;"> <ul style="list-style-type: none"> <li>• Alfalfa sprouts</li> <li>• Mushrooms</li> <li>• Asparagus</li> <li>• Onions</li> <li>• Bamboo shoots</li> <li>• Peas</li> <li>• Bean sprouts</li>   <li>• Peppers – green, red, yellow</li> <li>• Beans – green, butter</li> <li>• Puha</li> <li>• Broccoli</li> <li>• Brussel sprouts</li> <li>• Radish</li> <li>• Cabbage</li> <li>• Silverbeet</li> <li>• Carrot</li> <li>• Snowpeas</li> </ul> </td> <td style="vertical-align: top; width: 50%;"> <ul style="list-style-type: none"> <li>• Cauliflower</li> <li>• Spinach</li> <li>• Celery</li> <li>• Spring onions</li> <li>• Choko</li> <li>• Swede</li> <li>• Cucumber</li> <li>• Taro leaves</li> <li>• Egg plant</li> <li>• Tomato</li> <li>• Leeks</li> <li>• Turnip</li> <li>• Lettuce</li> <li>• Watercress</li> <li>• Marrow</li> <li>• Zucchini (Courgettes)</li> <li>• Mixed vegetables</li> </ul> </td> </tr> </table> 	<ul style="list-style-type: none"> <li>• Alfalfa sprouts</li> <li>• Mushrooms</li> <li>• Asparagus</li> <li>• Onions</li> <li>• Bamboo shoots</li> <li>• Peas</li> <li>• Bean sprouts</li>   <li>• Peppers – green, red, yellow</li> <li>• Beans – green, butter</li> <li>• Puha</li> <li>• Broccoli</li> <li>• Brussel sprouts</li> <li>• Radish</li> <li>• Cabbage</li> <li>• Silverbeet</li> <li>• Carrot</li> <li>• Snowpeas</li> </ul>	<ul style="list-style-type: none"> <li>• Cauliflower</li> <li>• Spinach</li> <li>• Celery</li> <li>• Spring onions</li> <li>• Choko</li> <li>• Swede</li> <li>• Cucumber</li> <li>• Taro leaves</li> <li>• Egg plant</li> <li>• Tomato</li> <li>• Leeks</li> <li>• Turnip</li> <li>• Lettuce</li> <li>• Watercress</li> <li>• Marrow</li> <li>• Zucchini (Courgettes)</li> <li>• Mixed vegetables</li> </ul>	<ul style="list-style-type: none"> <li>• Sugar – all types: <ul style="list-style-type: none"> <li>○ white, brown, raw, icing, castor, glucose</li> <li>○ Honey, jam, marmalade</li> </ul> </li> <li>• Golden syrup, treacle</li> <li>• Sweetened condensed milk</li> <li>• Sweets, chocolate, carob, candied or crystallized fruits</li> <li>• Sugar coated breakfast cereals e.g. Nutri-Grain, Fruit loops, Frosties</li> <li>• Cakes, biscuits, sweet pastries, and pies</li> <li>• Muesli bars</li> <li>• Puddings</li> <li>• Fruit cooked, canned, preserved with sugar or juices</li> <li>• Ice cream, ice cream toppings, non-diet jelly</li> <li>• Cordials, powdered fruit drinks, soft drinks</li> <li>• Flavoured milk</li> <li>• Fruit juice</li> <li>• Frozen yoghurt</li> <li>• Iced tea drinks</li> <li>• Some flavoured coffee and milk powders</li> <li>• Sorbet, Gelato, Ice-blocks</li> </ul>
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Foods to enjoy	
<p style="text-align: center;"><b>Fruit</b></p> <ul style="list-style-type: none"> <li>• Lemon</li> <li>• Rhubarb (no added sugar)</li> <li>• Lime</li> <li>• Frozen berries</li> <li>• Gooseberries</li> <li>• Guavas</li> <li>• Passionfruit</li> </ul>	
<p style="text-align: center;"><b>Drinks</b></p> <ul style="list-style-type: none"> <li>• Water is best!</li> <li>• Soda water</li> <li>• Plain mineral water</li> <li>• Herbal teas, Tea, Coffee</li> <li>• Clear soups ♦</li> <li>• Bovril ♦</li> <li>• Low calorie drinks, e.g. Diet Sprite, Thiriftee, Baker Hall's Low Calorie Cordial,*</li> </ul>	
<p style="text-align: center;"><b>To add flavor</b></p> <ul style="list-style-type: none"> <li>• Garlic</li> <li>• Low calorie/oil salad dressings</li> <li>• Herbs and spices</li> <li>• Soy sauce ♦</li> <li>• Root ginger</li> <li>• Tomato sauce/paste</li> <li>• Mustard</li> <li>• Vinegar</li> <li>• Lemon juice</li> <li>• Worcestershire sauce ♦</li> <li>• Marmite/Vegemite ♦</li> </ul>	
<p style="text-align: center;"><b>Miscellaneous</b></p> <ul style="list-style-type: none"> <li>• Artificial sweeteners and natural sweeteners such as Stevia *</li> <li>• Essence e.g. vanilla</li> <li>• Low calorie / diet jelly *</li> </ul> <p><b>In pregnancy</b> if using artificial sweeteners, use only:</p> <ul style="list-style-type: none"> <li>• Aspartame (951) called NutraSweet*</li> <li>• Sucralose (955) called Splenda*</li> <li>• Acesulphame K (950)*</li> </ul>	

♦ Will not affect blood glucose levels but these foods contain a significant amount of salt or sodium. Use in small amounts.

\*Will not affect blood glucose levels but too much artificial sweetener may cause gastric upset, minimize use

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**Dietitians NZ**

Ngā Pukenga Kai Ora o Aotearoa



*We'd love to hear from you.*  
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