



East Wellington  
Family Health Team

# Now that I Have Diabetes

## .....What Should I eat?

### Use Sugar Free Beverages

#### **Thirsty?**

#### **Water**

Diet Soft Drinks

Coffee or Tea

with milk / sweetener

Club Soda

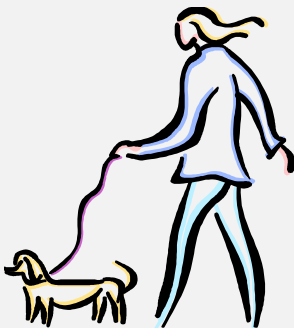
Perrier

Sugar free Drink

Crystals e.g. Crystal  
Light

**AVOID** fruit  
juice

### **Add Regular Physical Activity**



**1. Eat 3 meals at regular time each day**

**2. Choose foods from at least 3 different food groups at each meal**

**3. Aim to have some form of starch at every meal (e.g. bread, potato, rice, pasta, crackers, cereal)**

**4. Limit the intake of sugar, regular pop, desserts, candies, jam and honey**

**5. Eat more high fibre foods such as whole grain bread, cereals, rice, legumes, vegetables and fruits.**

