

Balanced Meals

Healthy meal ideas

Healthy eating for someone with diabetes is simply healthy eating for everyone. Get started with these tasty meal ideas that the whole family can enjoy.

Breakfast



Yoghurt berry crumble



Hummus, tomato and rocket toast



Mexican omelette



Broadbean and feta bruschetta

Lunch



Beef and pasta soup



Cold rolls



Avocado, chicken and cucumber sandwich



Mexican bean and rice salad

Dinner



Thai red curry chicken



Cajun pork with roasted pear slaw



Baked fish and roast vegetable chips



Tofu stir fry

Not everyone needs snacks between meals. A good tip is to be guided by your natural appetite cues. If you do choose to include snacks, here are some healthy options:

Snacks



Mixed unsalted nuts



Piece of fruit



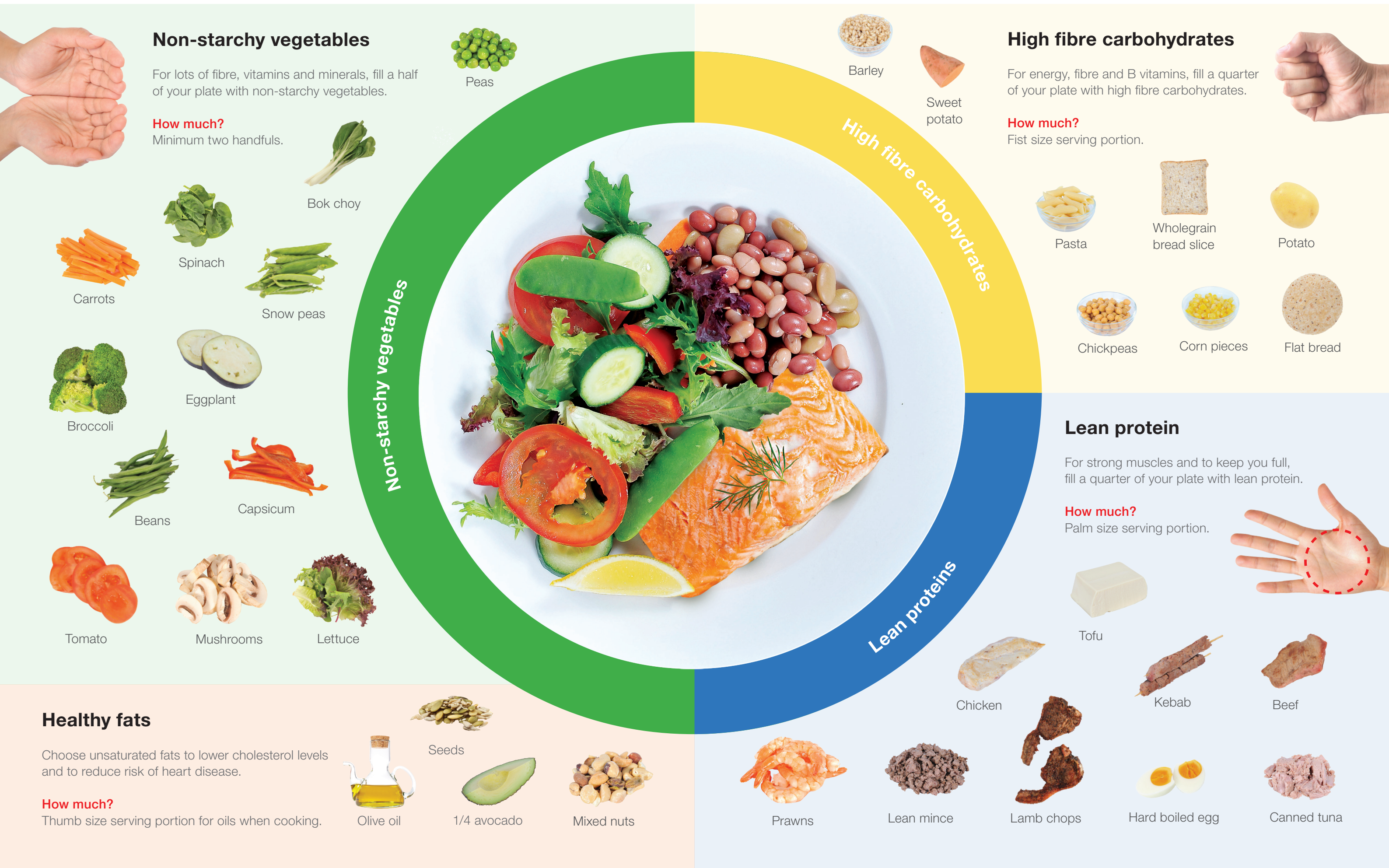
Hard-boiled egg



Wholegrain crackers

What does a balanced meal look like?

For a balanced meal, aim to fill half your plate with non-starchy vegetables, a quarter with lean protein, and a quarter with high fibre carbohydrates. Small amounts of healthy fats can also be included.



How to add more flavour to your food and drinks?

Healthy eating doesn't have to be bland. Be creative and use flavours you enjoy.

Herbs and spices



Herbs and spices are a great way to add more flavour and nutrients to your meal. Spice up your cooking with these combinations.

Broccoli

Garlic / oregano / dill / sage / curry powder

Red meat

Bay leaf / thyme / mustard / sage

Fish

Chives / dill / lemon pepper / parsley / lemon / lime juice

Potato

Chives / paprika / mint / rosemary / parsley / black pepper

Dressings



Dress up your meals with these healthy combinations to pack in extra flavour.

Balsamic

- 1 tbs balsamic vinegar
- 3 tbs olive oil

Lemon

- 1 tbs lemon juice
- 3 tbs olive oil

Mustard

- 1 tbs apple cider
- 3 tbs olive oil
- 1 tbs dijon mustard

Yoghurt

- 1/3 cup low fat plain yoghurt
- 2 tbs white wine vinegar
- 1 tbs olive oil

Tahini

- 1 tbs tahini
- 2 tbs lemon juice
- 1 small crushed garlic clove
- 2 tbs olive oil

Flavoured water



Water is the preferred drink choice for everyone. Try these healthy options to add flavour to your water.

- Lemon and cucumber slices
- Raspberries and lime slices
- Orange slices and blueberries
- Strawberries and orange slices

Looking for more advice on cooking for diabetes?

Consider a consult with one of our dietitians for more support on meal planning.

Call Diabetes SA on **1300 198 204** between 9 am to 5 pm weekdays.

One way to keep diabetes at bay – or live well with it – is to stay well informed.

Explore all our resources at diabetessa.com.au or call us for a hard copy.