

Carbohydrates

Have a greater influence on blood glucose

Sugar

✓ Naturally occurring

Sugar found in:

- Milk and
- Fruits

✗ Added sugar

Sugar added during preparation in:

- Sweets
- Cooledrinks & Juices
- Baked goods

✓ Fibre

Important for digestion

Legumes, Nuts & Seeds

- Beans, chic peas, lentils
- **Nuts:** Almonds, pecans, walnuts.
- **Seeds:** Chia seeds, flax seeds, sunflower seeds, pumpkin seeds.

Fruits & Vegetables

- Fruits
apples, berries, pears, peaches, grapes etc. (with skin).
- Oranges, naartjies
- **Vegetables**
Broccoli, Brussels sprouts, kale, cabbage, carrots, beetroot.
Spinach, lettuce, tomatoes.

Whole Grains

- Oats (oatmeal).
- Brown rice, quinoa, bulgur, barley, sump
- Whole-wheat bread, whole-wheat pasta, sorghum porridge (amabele /ting)

✓ Starch

Most common carbohydrate consumed

Root

- Potatoes, Sweet Potatoes
- Cassava, Yam and cocoyam (amadumbe)

Legumes

- Beans, Lentils & Peas

Grains

- Rice, Wheat, mielies, oats, barley, rye

• Starchy vegetable and fruits

- Squashes - butternut, pumpkin
- Plantain
- Banana



Proteins



Plant based

Legumes

- Beans, dry beans, chickpeas, lentils, and split peas



Animal based

- **Skinless poultry**
chicken ,turkey etc.
- **Lean meats**
Beef ,pork , lamb ect.
- Fish
- Eggs
- **Low fat diary products**
milk ,yoghurt cheese



Fats

✗ Trans Fats

Baked goods
Cake ,cookies & pastries

- Some margarines;
- vegetable shortening;
- deep-fried foods;
- many fast foods;



✗ Saturated Fats

Solid at room temperature

Vegetable fat

- Palm oil & Palm Kernel
- Coconut & Coconut oil

Animal fat

Fatty Meats

Lamb fat ,Beef fat ,Chicken fat
Pork fat

Processed meats

Cold meats ,sausages(russians)
bacon,polony ,viennas
Butter

Cheese

Cream
Full cream & 2% milk



✓ Unsaturated Fats

Liquid at room temperature

mono-unsaturated

Nuts & Nut oils

- Nuts like almonds, cashews, pecans & peanuts
- Peanut butter & peanut oil

Plant -based oil

- Safflower Oil
- Canola oil
- Olive oil & olives (look for low/reduced sodium)
- Avocado & Avocado oil



poly-unsaturated

Fatty fish

- salmon, sardines, herring, mackerel, tuna

Plant -based oil

- Flaxseeds & flaxseed oil
- Canola Oil
- Chia seeds
- Sunflower seeds

Nuts & Nut oils

- Peanut butter
- Walnuts

Other foods

- Eggs ,Tofu

