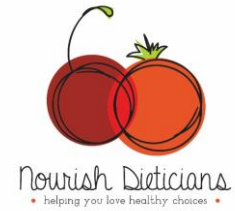


Bootcamp: Nutrition Series Webinar – Session 1

Brought to you by Nourish Dieticians Kim Hofmann and Cath Day



Work out your own individualised eating plan

What are your goals for this program?

Stable blood sugar levels are the crux of a healthy physiology

- DO NOT skip meals
- Eat healthy carbohydrate

Food Exchanges

Carbohydrates

- Milk and yoghurt _____

- Fruit _____

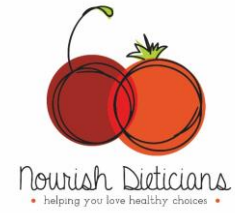
- Legumes _____

- Starchy vegetables _____

- Starches _____

Bootcamp: Nutrition Series Webinar – Session 1

Brought to you by Nourish Dieticians Kim Hofmann and Cath Day



➤ Breads and crackers _____

➤ Cereals _____

Protein

➤ Low fat mostly _____

➤ Medium fat occasionally _____

➤ High fat try to avoid _____

Fats

➤ Good plant fats _____

➤ Less healthy fats _____

Free foods

➤ Vegetables _____

➤ Other _____

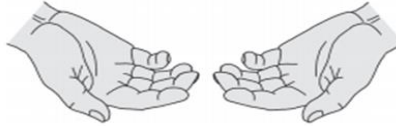
Handy portion guide

Your hands can be very useful in estimating appropriate portions. When planning a meal, use the following portion sizes as a guide:



FRUITS*/GRAINS & STARCHES*:
 Choose an amount the size of your fist for each of Grains & Starches, and Fruit.

MILK & ALTERNATIVES*: Drink up to 250 mL (8 oz) of low-fat milk with a meal.



VEGETABLES*:
 Choose as much as you can hold in both hands.



MEAT & ALTERNATIVES*:
 Choose an amount up to the size of the palm of your hand and the thickness of your little finger.



FATS*:
 Limit fat to an amount the size of the tip of your thumb.

Accu-Chek® Diabetes Portion Plate

VEGETABLES

PER MEAL:
 Fill the top ½ of the plate (GREEN SECTION) with any of these non-starchy vegetables

OR

Eat as many of these vegetables as you can hold in both hands

- Vegetables are high in fibre, vitamins and minerals.
- Non-starchy vegetables are very low in carbohydrates and do not affect your blood glucose levels significantly.
- Include a variety of different coloured vegetables.
- Use healthy preparation methods (and try to add only a little butter, sugar, cream, cheese sauce or oil).

Dark green vegetables:
 Baby marrow, Broccoli, Cucumber, Gem squash, Green beans, Leafy salad greens (including Romaine lettuce), Lettuce, Collards, Kale, Turnip greens, Green herbs (e.g. Parsley).

Red and Orange vegetables:
 Beetroot, Carrots, Pumpkin, Red peppers, Tomato, Fresh, frozen and canned vegetables can be used (prepared with herbs and a little salt).

Other vegetables:
 Cabbage, Cauliflower, Egg plant (brinjal), Mushrooms, Onions.

FAT

PER MEAL:
 Include healthy fats (YELLOW SECTION) of plant origin on a daily basis in moderate amounts.

OR

Eat any fat the size of the tip of your thumb (top of your thumb to your knuckle).	Eat half a small avocado.	Add 1 teaspoon of fat per person when making stews or curries.
--	---------------------------	--

- Avocado (1/4 of an avocado)
- Nuts (choose unsalted raw nuts) (6-8 nuts)
- Nut butters (without added sugar and salt)
- Olives (5-6)
- Seeds e.g. sunflower seeds, sesame seeds, pumpkin seeds
- Olive oil, avocado oil, canola oil (1 teaspoon)

Fats are energy-dense and consuming high levels of fat can lead to weight gain or being overweight.

Use healthy cooking methods: grill, bake, steam, poach, microwave, pressure cook or boil. You can also use cooking spray or a non-stick pan.

Avoid: using too much margarine, butter, mayo or salad dressing.
 A dietitian can help you work out your individual fat requirements.

STARCH

PER MEAL:
 Fill the bottom left ¼ of the plate (PURPLE SECTION) with any of these starchy foods

OR

Eat any cooked starch the size of ONE of your closed fists	Measure 1 cup (250ml) of any cooked starch or hinh fibrin cereal	Measure ½ cup (125ml) healthy muesli.	Eat 2 slices of wholegrain bread or 4-6 wholegrain
--	--	---------------------------------------	--

PROTEIN

PER MEAL:
 Fill the bottom ¼ of the plate (RED SECTION) with any of these proteins

OR

Eat any protein the size of the palm of your hand and the same thickness as your baby finger

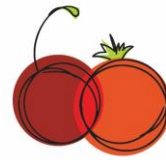
- White fish e.g. hake and haddock.
- Naturally oily fish - include these at least twice a week
 - Salmon, milk-bone, sardines, trout, mackerel and herring

The formula

- Carbs 8-10 (include at least 2-3 fruit and 1-2 milk/yoghurt)
- Protein: 7-9
- Fat: 6-8
- Free veg: 4

Bootcamp: Nutrition Series Webinar – Session 1

Brought to you by Nourish Dieticians Kim Hofmann and Cath Day

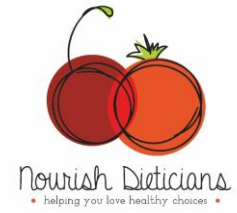


Nourish Dieticians
• helping you love healthy choices •

Current Eating Plan	Carbohydrates			Prot	Fat
	Starches	Fruit	Milk	Prot	Fat
Breakfast					
Snack					
Lunch					
Snack					
Supper					
Snack					

Bootcamp: Nutrition Series Webinar – Session 1

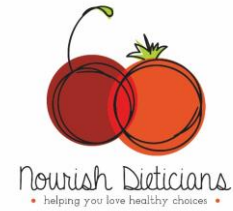
Brought to you by Nourish Dieticians Kim Hofmann and Cath Day



Recommended Eating Plan	Carbohydrates			Prot	Fat
	Starches	Fruit	Milk	Prot	Fat
Breakfast					
Snack					
Lunch					
Snack					
Supper					
Snack					

Bootcamp: Nutrition Series Webinar – Session 1

Brought to you by Nourish Dieticians Kim Hofmann and Cath Day



Golden rules to live by

- Water! How much water do you need? (weight divided by 10 + 2 = number of glasses per day)
- Veggies, veggies and veggies 😊
- Sugar – no more than 3 tsp. per day added sugars
- For the 1st TWO weeks no alcohol or treats – if you must...
- Healthiest choices when it comes to commercial products
- Exercise – keep going
- Breakfast within an hour of getting up
- FOCUS on more food during day less at night