



# Type 2 Diabetes and Diet

From Diabetes New Zealand

## Biscuits, Crackers & Cakes



### Better buys

- Low fat biscuits and wholegrain crackers and crispbreads, e.g. Vitawheat crackers, Huntley and Palmer's wholegrain crackers.

### Good to know

- Biscuits, crackers and cakes all contain carbohydrates.
- Sugars are part of the total carbohydrate in a food. Eating less sugary food can help lower the total amount of carbohydrate eaten and can help control blood glucose levels.

### Label information

- Where possible choose biscuits and crackers with less than 10 grams fat per 100 grams, and less than 10 grams of sugar per 100 grams.

### Watch points

- Iced, chocolate and cream filled biscuits and cakes are high in sugar and fat. These should be left for a special occasion.
- Some crackers are high in salt and fat – check the label.
- Be careful about how much fat you add to your crackers – go easy on margarine, butter and cheese.
- Sugar free biscuits may contain a lot of fat and energy. Check the label.
- Many manufactured biscuits and crackers contain saturated fats.
- Eating extra biscuits, crackers or cake may raise blood glucose levels above desirable levels. Watch the quantity eaten.
- If the cracker or biscuit has a flaky texture it could be high in fat.

# Bread



## Better buys

- Whole grain breads, e.g. Freya's, Burgen, Vogels, Couplands Southern Plains or Daily Grain, Molenberg.
- Breads containing oats, oat bran, barley and rye.

## Good to know

- Most breads are low in fat.
- Breads contain carbohydrates.
- Most breads are low in sugar.

## Label information

- Look for breads with more than 4 grams of fibre per 100 grams.

## Watch points

- Croissants, garlic bread, pastries and cheese breads are high in fat.
- Be careful about how much fat you add to your bread – go easy on margarine, butter, cheese, and fatty meats like salami.
- Eating too much bread, or more than usual, may raise blood glucose levels above desired levels.

## Drinks



### Better buys

- Water.
- Tea or coffee.
- Diet fizzy drinks, e.g. diet coke, diet lemonade.
- Artificially sweetened cordials, powdered drinks or chocolate drink powders, e.g. Avalanche drinking chocolate.
- Unflavoured mineral or soda water.
- 'Diet' or low calorie drinks.

### Good to know

- Drink plenty of sugar free drinks if blood glucose levels are high. Water is the best thirst quencher.
- Milo/Bournvita/Ovaltine used in moderation (1 tsp per cup) are not likely to raise blood glucose levels above desirable levels.
- Tonic water doesn't taste sweet but does contain sugar. Use diet tonic water.

### Watch points

- Flavoured water may contain carbohydrates. Check the label.
- Freshly squeezed juice is high in natural sugar.
- 'No Added Sugar': May still contain a lot of natural sugar – check the carbohydrate content on the label.
- Fruit juices, ordinary soft drink, sports drinks and cordials provide extra carbohydrate and can raise blood glucose above desirable levels.
- Watch the quantity you are drinking. The label may not have much carbohydrate per 100mls but an average serve is much bigger than 100mls – watch the amount you drink and check out the serving size. The serving size on the label may not be the amount you drink.

## Snacks & Sweets



### Better buys

- Fruit is an excellent snack.
- Vegetable sticks, e.g. carrots, celery, cucumber, capsicum (with/without low fat dip such as hummus, lite cottage cheese, lite cream cheese).
- Wholegrain sandwiches and filled rolls (watch dressings, spreads and butter content).
- Low fat milk (green top).
- Low fat and low sugar yoghurt, e.g. De Winkel natural yoghurt, Fresh n Fruity lite yoghurt, Anchor Protein Plus range.
- Low fat wholegrain crackers/crispbreads, e.g. Vitawheat, Huntley and Palmers wholegrain crackers (with/without low fat dip such as hummus, lite cottage cheese, lite cream cheese).
- Sugar free chewing gum.
- Plain popcorn.
- Low sugar muesli bars, e.g. Nice and Natural Protein Bars.
- Unsalted nuts, e.g. peanuts, almonds, walnuts, cashews (handful).
- Hard boiled eggs.

### Good to know

- Fruit, popcorn, bread, biscuits, crackers, cake, yoghurt and potato/rice/corn based snacks contain carbohydrates.
- Eating too many carbohydrate snacks may raise blood glucose levels above desirable levels.
- Morning and afternoon tea snacks may not be necessary.
- Try mini or bite sized bars as a snack rather than full sized bars.

### Label information

- Choose snacks with less than 10g fat per 100g, and less than 10g of sugar per 100 grams.

## Watch points

- Choose a muesli bar with a low sugar content e.g. Nice and Natural Protein Bars.
- Watch the size of fruit portions, e.g. one apple, half a large banana or a bobby banana, one orange, and a handful of grape are good serving sizes.
- Some lite yoghurts are high in sugar. Choose yoghurts with less than 10 grams of sugar per 100 grams.
- Chips, corn chips, other fried snacks, reduced cream and sour cream dips, pies and pastries are high in fat and energy.
- Lollies/sweets, chocolates, roll-ups, dried fruit, and most muesli bars are all high carbohydrate foods and can raise blood glucose levels above desirable, especially when eaten as extras.
- Chocolate (including 'diabetic' chocolate) and carob are high in fat and energy
- Diabetic sweets may contain sorbitol or fructose, which, if eaten in large amounts, may cause stomach cramps and diarrhoea.
- Banana chips are often high in fat and sugar.