

**NO MONEY  
NO TIME**

# FOOD, COOKING & DIABETES

*WITH NO MONEY NO TIME*

Healthy recipes, tips and info to help  
manage and prevent Type 2 Diabetes.

**NO MONEY  
NO TIME**



THE UNIVERSITY OF  
**NEWCASTLE**  
AUSTRALIA

**nib**  
foundation

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## BREAKFAST

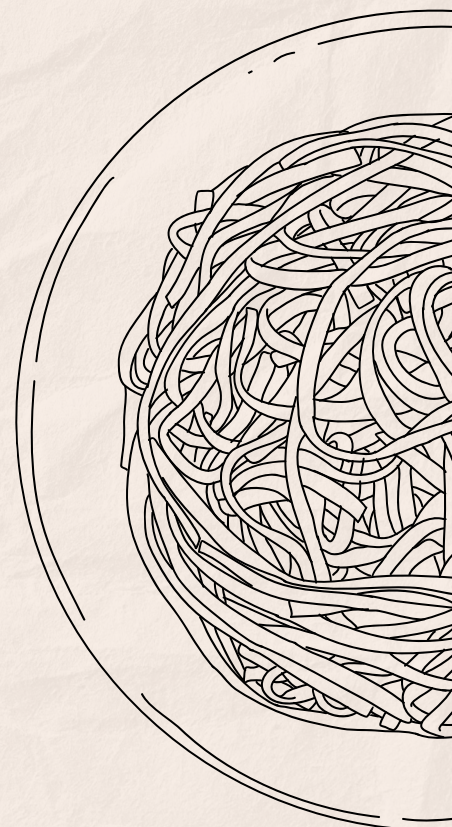
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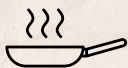
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## Key



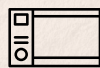
OVEN



FRYING PAN



POT



MICROWAVE



SANDWICH PRESS



BLENDER / PROCESSOR



SLOW COOKER



BASIC UTENSILS

- Weekend treats = WT
- Quick and easy (under 20 mins) = Q&E
- Sweet = Sw
- Savoury = Sav
- Vegan = VE
- Vegetarian = V
- Dairy Free = DF
- Gluten Free = GF
- Super Saver ≤ \$2.50 = \$\$



# WELCOME & FOREWARD

FROM LAUREATE PROF.  
CLARE COLLINS

Welcome to our nutrition guidebook for people living with type 2 diabetes. It includes information on dietary strategies to help prevent type 2 diabetes and manage diabetes. It also includes easy, budget-friendly recipes, nothing over \$5 a serve!

Healthy eating is a way to nourish your body and your brain. Food is not just for energy, but also for enjoyment. Sharing a tasty meal with others can boost feelings of well-being and happiness!

Type 2 diabetes is very common. **Diabetes** is a complex chronic condition, which develops when there's too much glucose (sugar) in the blood. This occurs when the body can't transport glucose from food into cells to be used for energy effectively, either because it is not making enough insulin, or the insulin is not working effectively.

**More than 300 people per day** are diagnosed with diabetes. An estimated 2 million Australians now live with diabetes. Over the past decade, the number of people known to be living with all types of diabetes in Australia rose by 32%.

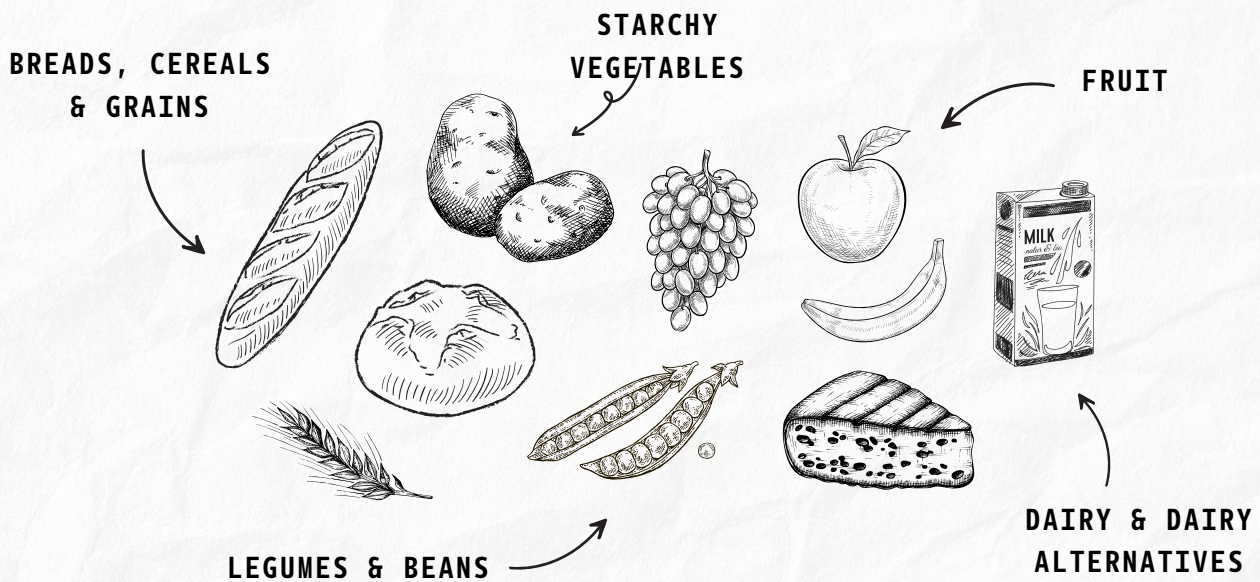
Healthy eating patterns help reduce the risk of diabetes and improve management of blood sugar levels. We have put together our top tips and recipes into one easy place to help you cook, plan and use nutrition to help manage type 2 diabetes.

To check how healthy your current eating pattern is, check out our **Healthy Eating Quiz™**. The online quiz provides a brief personalised nutrition report, meaning you can see what food groups you're nailing, plus feedback and practical tips to boost your score. Check out No Money No Time's **guide** to sticking to health challenges and goals to learn more.

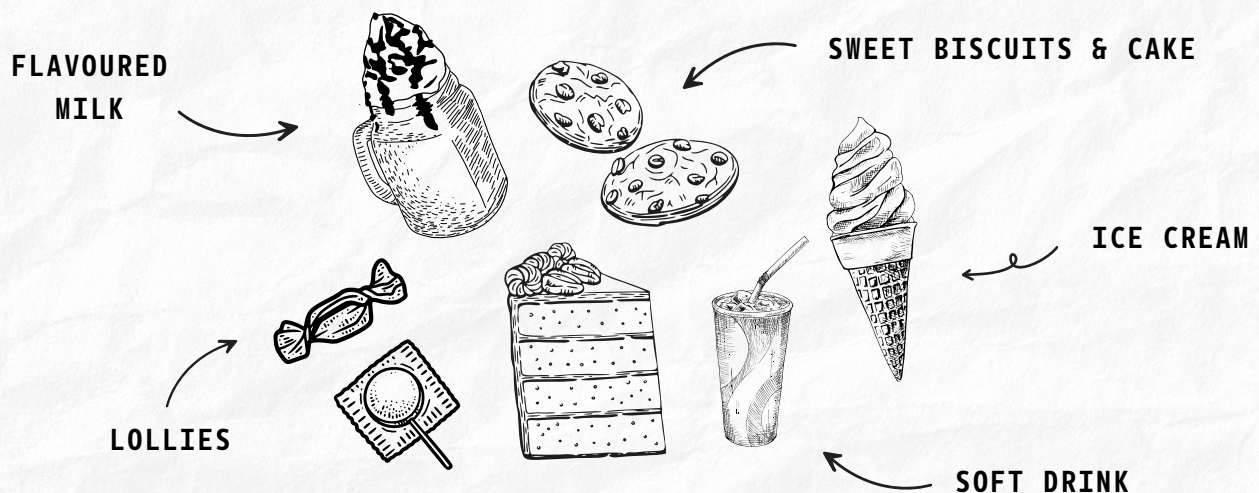
# WHAT IS CARBOHYDRATE?

Carbohydrate is a key nutrient that powers your body and brain, giving you the energy you need to do the things you love.

**Complex carbohydrates** are the best source of carbohydrate as they come packaged with essential nutrients that the body needs. Foods rich in carbohydrates include wholegrains, fruit, vegetables, beans, legumes and some dairy foods. These foods are rich in vitamins, minerals and fibre which can protect against chronic disease, including type 2 diabetes.



**Sugars** are a type of carbohydrate that have a simpler structure. Foods high in sugar include lollies, biscuits, cakes, soft drinks, other sweetened drinks, and sweet breakfast cereals. Enjoy them sometimes and in small amounts.



# WHAT IS GLYCAEMIC INDEX?

Glycaemic Index (GI) ranks carbohydrate containing foods from 0 (low GI) - 100 (high GI). GI is based on how quickly, and how much blood sugar levels rise after the food is eaten.

For example, simple sugars, like what's found in soft drink and lollies, have a high GI. They are broken down and digested quickly. This can lead to a rapid rise in blood sugar levels. Both low GI and high GI foods can be included in a healthy eating pattern BUT choosing mostly low GI foods will help keep your blood sugar stable.

Examples of low GI swaps include:

## HIGHER GI

- Short and medium grain rice (e.g. jasmin, brown)
- Quick oats
- Puffed and/or sweetened breakfast cereal
- White or wholemeal bread
- White flour tortilla



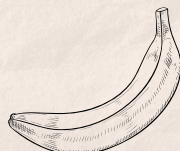
## LOWER GI ALTERNATIVE

- Basmati rice, low GI rice
- Rolled or steel cut oats
- Untoasted muesli
- Wholegrain bread
- Corn tortilla

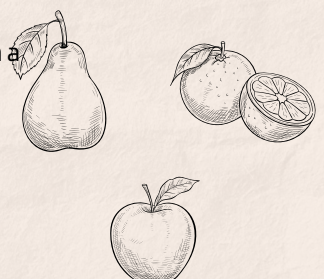


## WHOLEGRAIN

- Over ripe banana
- Rockmelon
- Watermelon



- Freshly ripe banana
- Strawberries
- Raspberries
- Oranges
- Pears
- Peaches
- Apple



## FRUIT

- Desiree potato
- Pontiac potato
- New potato



- Carisma potato
- Orange sweet potato



## VEGETABLES

- Kidney beans, black beans
- Lentils
- Chickpeas
- Tempeh, tofu



## LEGUMES

- Rice milk
- Oat milk



- Cow's milk
- Almond milk
- Yoghurt (preferably no-added sugar)



## DAIRY / DAIRY ALTERNATIVES

# WHAT IS GLYCAEMIC LOAD?

Glycaemic load (GL) considers both the glycaemic index (how quickly it raises blood sugar) and how much carbohydrate is eaten. GL estimates how much the carbohydrate in a meal or snack will raise blood sugars by. For example, even if you choose a low GI food (e.g., 1 medium banana) a large serving (e.g., 2 large bananas) can still cause a large rise in blood sugar levels. You can lower the GL of a meal or snack by eating smaller portions of high GI foods. Choosing low GI foods AND having low GL meals and snacks can help keep your blood sugar stable.

To choose a low GI and low GL eating pattern:

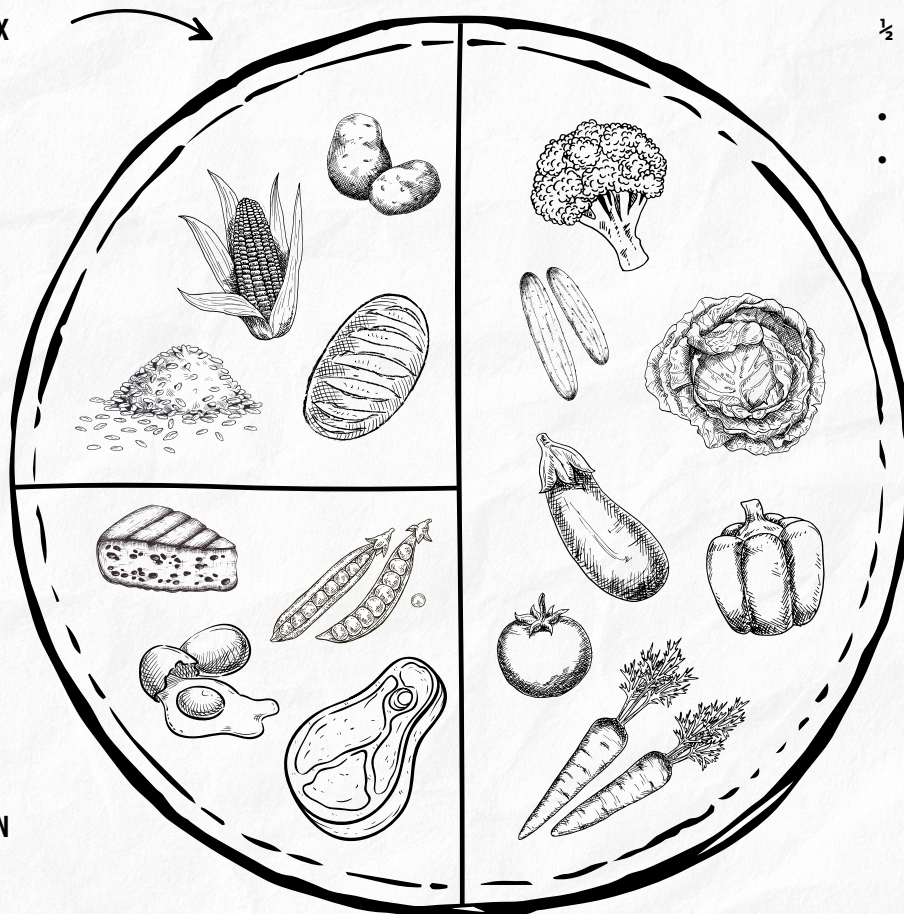
- **Swap high GI foods for lower GI alternatives**, for example try wholegrain alternatives such as grainy bread, use rolled oats instead of quick oats.
- **Have smaller amounts of high GI foods**, for example have half a white potato instead of a whole white potato.
- **Aim for balanced meals** that contain lean protein, healthy fats and plenty of vegetables. Head to [the next page](#) for tips on building a healthy meal.

# WHAT DOES A HEALTHY MEAL LOOK LIKE?

Healthy balanced meals help you get all the energy and nutrients you need. The plate model pictured here provides a visual guide. It shows the amount of each food type to include on your plate.

## $\frac{1}{4}$ PLATE COMPLEX CARBOHYDRATE

- Brown, basmati or low GI rice
- Wholegrain bread or pasta
- Potato, corn, sweet potato



## $\frac{1}{2}$ PLATE VEGETABLES

- All salad vege
- All cooked vege (except potato, corn and sweet potato)

## $\frac{1}{4}$ PLATE PROTEIN

- Eggs
- Tofu, soybeans
- Lean animal protein (e.g., chicken, fish, beef, pork)
- Reduced fat dairy (e.g., cheese, yoghurt, paneer)
- Legumes (e.g., beans, lentils, and chickpeas)

For general information on recommended serves and serve sizes visit [eatforhealth.gov.au](http://eatforhealth.gov.au). For information specific to your nutrition and healthy eating needs, and support you to reach your healthy eating goals, make an appointment with an **Accredited Practising Dietitian**.



# MORE TOP TIPS TO KEEP YOU HEALTHY

It's important to eat a variety of different foods to keep you healthy. These top tips can help reduce the health risks associated with diabetes.

## BOOST YOUR FIBRE INTAKE

Fibre is important to:

- Move food through the digestive tract
- Lower cholesterol levels
- Control blood sugar levels

To increase fibre:

- Enjoy fruit and vege with the skin on
- Try grating extra vege, or adding lentils / beans into curries, sauces and mince.
- Choose bread with visible grains and seeds
- Add edamame to your rotation of frozen greens.

## WATCH THE SALT

Salt (sodium) helps your body to keep nerves and muscles running smoothly. Currently most Australians eat too much. This can have detrimental effects on health, especially blood pressure which can increase risk of heart attack, stroke and kidney disease. To reduce salt intake:

- Choose fresh food over packaged food
- Choose low or no added salt products
- Flavour food with herbs and spices
- Choose soft cheeses over hard

## CHOOSE HEALTHY FATS

Fats have lots of important roles in the body. They keep the brain healthy, provide energy and help the body absorb nutrients. However, eating a lot of saturated fat can increase the risk of heart disease and stroke. Saturated fats are found in animal fat (e.g. meat and butter), coconut oil, and palm oil. Top tips to reduce saturated fat intake:

- Choose lean cuts of meat
- Choose low or reduced fat dairy products
- Cook food on the grill or air fryer and minimise deep-frying
- Choose healthy fats such as Extra Virgin Olive Oil for cooking and salad dressings

See the [NMNT Label Decoder](#) to help read nutrition info on the go!

# SMART GOAL SETTING

<b>S</b>	<b>SPECIFIC</b> <ul style="list-style-type: none"><li>• What needs to be accomplished?</li><li>• What steps need to be taken to achieve it?</li></ul>	
<b>M</b>	<b>MEASURABLE</b> <ul style="list-style-type: none"><li>• How will I measure progress?</li><li>• How will I know if I have achieved my goal?</li></ul>	
<b>A</b>	<b>ACHIEVABLE</b> <ul style="list-style-type: none"><li>• Will it be clear when the goal is achieved?</li></ul>	
<b>R</b>	<b>RELEVANT</b> <ul style="list-style-type: none"><li>• Is this goal related to my overall goals?</li></ul>	
<b>T</b>	<b>TIMELY</b> <ul style="list-style-type: none"><li>• How long will it take to achieve this goal?</li><li>• Is there a deadline?</li></ul>	

If you need some help getting started setting a smart goal, here are few suggestions to help you get started:

- Make sure that I have different colours of vegetables on my plate for either lunch or dinner this week e.g., green, red, yellow, orange, purple
- Eat 2 pieces of fruit each day this week
- Ensure the portion of carbohydrate containing food (e.g., pasta, rice) fills about one-quarter of my plate at either lunch or dinner this week
- Reduce by half the number of times I have soft drink, energy drink, sports drink, flavoured milk or sweetened fruit juice this week
- Choose low glycaemic index snacks at least once per day
- Choose wholegrain varieties e.g., wholegrain bread, brown rice and pasta instead of other grains at least 3 times per week

Want to know more about setting goals for a challenge? Head to our [NMNT article](#) OR take the [Healthy Eating Quiz](#) where you can set healthy eating goals and track your progress.

# TO SNACK, OR NOT

## TO SNACK?

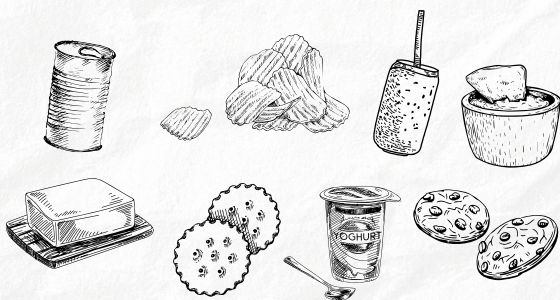
A smart snack is one that supports health and well-being. Smart snacks improve overall diet quality.

Packaged snacks often fall into the category of discretionary foods. Discretionary foods are highly processed and are high in energy, saturated fat, salt and/or added sugar. Discretionary foods include chocolate, chips, biscuits, cakes and sugar sweetened drinks.

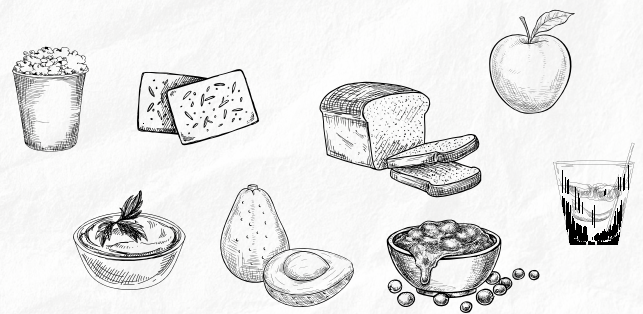
Think of snacks as a small meal with the goal of providing slow-release energy and key nutrients that are beneficial to your health. Choosing a high fibre, and low GI snack can help you stay fuller for longer between meals. This might look like choosing fruit with plain yoghurt, fruit toast, or air-popped popcorn.

Try some of these swaps to satisfy your snacking cravings:

- Salted chips **for** air-popped popcorn
- Savoury biscuits **for** seeded crackers and veggie sticks
- Cream based dips **for** hummus, guacamole or salsa



**SWAP THIS**



**FOR THIS**

- Fizzy drink **for** low sugar/no sugar added juice, kombucha, water
- Butter **for** avocado **for** reduced fat spreads
- Flavoured yoghurt **for** plain yoghurt with added fresh fruit
- Fruit in syrup or juice **for** fresh fruit
- Sweet biscuits **for** wholemeal fruit toast



# BREAKFAST

Start your day off strong with  
one of our quick and easy  
breakfast recipes.



# MICROWAVE VEGE OMELETTE

Serves

2

15 mins



\$2.85 / serve

Sav, Q&E, V, GF

## INGREDIENTS

- 1 onion, remove ends and papery skin then chopped
- 1 tbsp olive oil
- 1 cooked low GI potato (e.g. Carisma), diced into 1 cm cubes
- 1 tomato, diced into 1 cm cubes
- 1 small red capsicum, seeds removed and dice flesh into 0.5cm cubes
- 4 eggs
- 3 tbsp lite milk
- ½ cup cheese (reduced fat), grated

## IT'S THIS EASY


- In a shallow bowl or pie dish, place onion and olive oil, cover and microwave for 2 mins. Add potato, capsicum, and tomato, cover and microwave for another min.
- Meanwhile, whisk eggs and milk with pepper (optional), add to vegetable mix, cover and microwave for 2 mins.
- Remove from the microwave and with a fork gently stir the eggs, pulling the cooked egg from the outside into the centre.
- Sprinkle the cheese over the top, cover and microwave for 2 more mins, or until set in the centre.

### PER SERVE:

Energy	Protein	Fat	Saturated Fat	Carbohydrate	Sugars	Sodium	Fibre
1852kJ	27.0g	25.5g	8.6g	23.0g	12.6g	352mg	6.5g

# OVERNIGHT OATS

Serves **1** | 5 mins

 | \$1.00 / serve

Sw, Q&E, V, \$\$

## INGREDIENTS

- ½ cup rolled oats
- ½ cup soy milk (or light or skim milk)
- 2 tsp chia seeds
- 1 tsp honey
- 1 tbsp peanut butter
- ½ banana, sliced

## IT'S THIS EASY

- In a jar or container, combine the milk, chia seeds, honey, and peanut butter with a spoon until mixed well.
- Add in the rolled oats and mix well until oats are soaked.
- Cover securely with the lid and refrigerate overnight.
- Top with sliced banana & enjoy!


### PER SERVE:

Energy	Protein	Fat	Saturated Fat	Carbohydrate	Sugars	Sodium	Fibre
1960kJ	18.4g	22.6g	2.9g	44.8g	16.1g	63mg	11.0g



# BERRY & OAT SMOOTHIE BOWL

Serves **1** | 5 mins

 | \$2.30 / serve

Sw, WT, Q&E, V, \$\$

## INGREDIENTS

- ½ cup rolled oats
- 1 medium banana
- ½ cup frozen berries (any berries)
- ½ cup Greek yoghurt (reduced fat)
- 1 tsp pumpkin seeds
- 1 tsp coconut (desiccated or flakes)

## IT'S THIS EASY

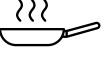
- Add the oats, berries, yoghurt and half of the banana into a blender and blend until smooth.
- Slice the remaining banana.
- Pour the smoothie mixture into a bowl and top with the sliced banana, pumpkin seeds and coconut.

### PER SERVE:

Energy	Protein	Fat	Saturated Fat	Carbohydrate	Sugars	Sodium	Fibre
1715kJ	17.8g	9.7g	3.7g	54.9g	27.9g	145mg	11.4g

# FRENCH TOAST

Serves **2** | 20 mins

 | \$2.10 / serve

Sw, WT, Q&E, V, \$\$

## INGREDIENTS

- 4 slices wholegrain bread
- 2 eggs
- ¼ cup reduced fat milk  
(you can use any milk)
- ½ tsp cinnamon
- Extra virgin olive oil
- 1 banana, sliced
- 1 cup frozen berries
- ½ cup reduced fat greek yoghurt
- 2 tsp honey

## IT'S THIS EASY

- Allow berries to defrost at room temperature. In a medium sized bowl mix together the eggs, milk and cinnamon.
- Take one piece of bread and coat both sides with mixture. Repeat with each slice.
- Cook each slice of bread in the fry pan at medium heat in a little olive oil for approx 3-4 mins per side, or until browned.
- Serve warm, layering the yoghurt, fruit and honey over the top.



### PER SERVE:

Energy	Protein	Fat	Saturated Fat	Carbohydrate	Sugars	Sodium	Fibre
1631kJ	22g	7.8g	2.6g	52.5g	24.8g	465mg	9.5g






# LUNCH

Fuel your day with one of our  
delicious, filling lunches.



# MEDITERRANEAN SANDWICH PRESS PIZZA

Serves **1** | 15 mins |  | \$3.40 / serve | VE, DF, SAV, Q&E

## INGREDIENTS

- 1 wholegrain (or low GI) wrap
- 1 tbsp tomato paste, no added salt
- 4 thin slices pumpkin
- 4 thin slices eggplant
- 6 thin slices zucchini
- 1/4 capsicum cut into thin strips
- 4 cherry tomatoes, cut into quarters
- Handful of baby spinach

## IT'S THIS EASY

- Preheat your sandwich press.
- Cover the wrap with the tomato paste.
- Layer the pumpkin, zucchini and eggplant over the wrap. Avoid layering too thick, otherwise they won't cook properly. Scatter strips of capsicum, tomatoes and olives on top.
- Place the wrap onto the sandwich press. Close the top carefully and cook for roughly 8 minutes, or until slightly browned and vegetables are cooked through (can be pierced with a fork).
- Tear baby spinach over the top of the pizza and cook for another 2 mins or until the spinach is wilted.
- Carefully remove the pizza and cut into 4 pieces. Enjoy!


### PER SERVE:

Energy	Protein	Fat	Saturated Fat	Carbohydrate	Sugars	Sodium	Fibre
1245kJ	11.1g	7.8g	3.3g	40.1g	12.2g	680 mg	10g



# TOASTED BEAN & CHEESE TORTILLA

Serves **1** | 10 mins

 | \$1.95 / serve

Sw, Q&E, V, \$\$

## INGREDIENTS

- 100g beans (black, kidney or mixed)
- 1 tbsp light ricotta cheese
- 1/2 cup baby spinach or rocket
- 1/4 medium avocado
- 1/4 capsicum
- 1 wholegrain tortilla wrap

## IT'S THIS EASY

- Preheat the sandwich press.
- Drain and rinse the beans and place into a bowl. Then add the avocado and ricotta and mash together.
- Finely dice the capsicum and mix this in.
- Spread the mixture on to half of the tortilla, add the spinach / rocket on top and fold in half.
- Place into the sandwich press and toast until warmed through and golden.

### PER SERVE:

Energy	Protein	Fat	Saturated Fat	Carbohydrate	Sugars	Sodium	Fibre
1222kJ	12.8g	10.8g	3.8g	29.5g	5.2g	547mg	12.8g



# CLARE'S HOMEMADE 'SAUSO' ROLLS

Serves **9** | 45 mins |  | \$2.10 / serve | Sav, WT, \$\$

## INGREDIENTS

- Olive oil spray
- 1 heaped tsp crushed garlic
- 1 can brown lentils
- 1 zucchini (or other vegetable), grated
- 2 brown onions, finely chopped
- 500g lean mince (beef, lamb, chicken, turkey)
- 2 tsp paprika (or spice of your choice)
- 1-2 tbsp no added salt tomato paste
- 100g reduced fat feta, crumbled
- 2 tbsp pine nuts or almonds, toasted
- ¼ cup parsley, finely chopped or other fresh herbs
- 1 whole packet of filo pastry (roughly 15-18 sheets)

## IT'S THIS EASY

- Preheat the oven to 200°C and line a tray with baking paper.
- Spray a medium frying pan with olive oil, add the onion and garlic, and cook for 5 mins or until soft.
- Add the mince and cook through. Then add the drained lentils, paprika and zucchini and cook for 2 more minutes. Set aside to cool.
- Once cooled, add the feta, nuts, tomato paste and parsley, then mix together.
- Fold 1 sheet of filo pastry in half and spray with oil, then place 3 tbsp of mixture on top and roll up, sealing it on the edge. Repeat this with the rest of the mixture.
- Place the rolls onto a baking tray and cook for 25 minutes or until golden brown. Serve with your favourite sauce!

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### PER SERVE:

Energy	Protein	Fat	Saturated Fat	Carbohydrate	Sugars	Sodium	Fibre
1210kJ	21.6g	10.6g	3.3g	24.4g	3.6g	443mg	4.8g

# CHEDDAR SPINACH & BROCCOLI TOASTIE

Serves **1** | 5 mins



\$3.00 / serve

V, SAV, Q&E

## INGREDIENTS

- Handful cooked broccoli (about 1/3 cup), roughly chopped
- Handful baby spinach (about 1/3 cup)
- Cheddar cheese (reduced fat), thinly sliced
- 2 slices wholegrain bread

## IT'S THIS EASY

- Preheat your sandwich press.
- Spread one slice of bread with olive oil spread or drizzle with olive oil (optional).
- On one side of the bread add half of the cheese. Top with broccoli and spinach, followed by remaining cheese and bread.
- Place in a sandwich press, lower the top and cook until golden.





### PER SERVE:

Energy	Protein	Fat	Saturated Fat	Carbohydrate	Sugars	Sodium	Fibre
1236kJ	17.4g	11.6g	3.9g	26.1g	2.2g	429mg	7.5g



# HANNAH'S CHICKEN NOODLE SOUP

Serves **5** | 30 mins |   | \$1.65 / serve | Sav, WT, DF, \$\$

## INGREDIENTS

- ½ bunch spring onions (finely sliced)
- 4 cloves garlic, crushed
- 1 tbsp crushed ginger
- 1 cup frozen corn
- 1 tbsp Extra virgin olive oil
- 300g chicken breast, cut into very large portions
- 4 cups (1L), reduced salt chicken stock
- 2 carrots, diced
- 125g frozen spinach
- 60g dried thick egg noodles
- Bring the stock to the boil and then reduce the heat and allow it to simmer for 15 mins, until the chicken is cooked through.
- Using tongs or a fork, carefully remove the chicken and shred the into thin strips.
- Add in the spinach and chicken and stir for 2 mins, or until the spinach is no longer frozen.
- (Optional) before adding the noodles, remove the pot from the heat and allow it to cool slightly. Using a stick blender, roughly chop the soup mixture. The aim is to roughly chop, rather than blend to a smooth consistency. Be mindful that blending hot food can be dangerous due to spills and splashes, ensure that you are using an appropriate container. Return the pot to the heat and bring the soup back to a simmer.
- Roughly break up the egg noodles (about 2 cm long pieces) and add to the pot. Cook for around 3-5 mins, until the noodles are just cooked.

## IT'S THIS EASY

- Heat a large pot over a medium heat, and add the olive oil.
- Add the spring onions, ginger and garlic, and gently stir until the garlic becomes fragrant and the spring onions soften (about 2 mins).
- Add the diced carrots and the frozen corn, and stir for 2 mins. Then add the stock and mix, then carefully add the raw chicken breast and cover the pot with a lid.

PER SERVE:	Energy	Protein	Fat	Saturated Fat	Carbohydrate	Sugars	Sodium	Fibre
	916kJ	19.6g	6.0g	1.3g	20.5g	8.0g	584mg	5.0g



A person wearing a grey sweater is seated at a dinner table, holding a glass bowl filled with a fresh salad of lettuce, tomatoes, and cheese. The table is set with various dishes including a plate of roasted chicken, potatoes, and vegetables, a bowl of bread, a glass of red wine, and a plate of grapes. The scene is warmly lit, creating a cozy atmosphere.

# DINNER

Finish the day with one of our  
quick and easy dinners!



# QUICK THAI CHICKEN BURGER

Serves **4** | 20 mins |  | \$2.70 / serve | Sav, Q&E

## INGREDIENTS

- 2 chicken breasts
- 1.5 tbsp red Thai curry paste
- 1 tbsp extra virgin olive oil
- ½ red onion
- 1 avocado
- 1 tomato
- 1 cup lettuce, spinach or rocket
- ½ Lebanese cucumber
- 2 tbsp natural yoghurt
- 1 cup cottage cheese
- 1 lemon
- 4 wholegrain buns

## IT'S THIS EASY

- Slice chicken breasts in half, horizontally. Spread the curry paste evenly over the chicken breasts and sit in a bowl for 5 minutes to marinate.
- Prepare the salad ingredients - slice the onion, tomato, avocado and cucumber.
- Heat olive oil in a large frying pan and cook the chicken breasts for approx. 5 mins on each side or until cooked through and golden
- Slice the buns in half and assemble the burgers - bottom bun, avocado, tomato, onion, cucumber, chicken, lettuce, yoghurt and the top of the bun.

PER SERVE:	Energy	Protein	Fat	Saturated Fat	Carbohydrate	Sugars	Sodium	Fibre
	1843kJ	37.7g	14.9g	2.6g	34.1g	6.8g	788mg	9.0g



# SPAGHETTI BOLOGNAISE

Serves **6** | 60 mins |   | \$3.50 / serve | Sav, DF

## INGREDIENTS

- 1 large onion, chopped
- 3 cloves of garlic, minced or finely chopped
- 500g lean beef mince
- 1 x 420g tin brown lentils (no added salt)
- 1 x 400g tin tomatoes (no added salt)
- 2 tbsp salt reduced tomato paste
- 1 zucchini, grated
- 1 carrot, grated
- 1 handful of parsley, finely chopped
- 2 tsp of mixed dried herbs
- 2 tomatoes, chopped
- 400g wholemeal spaghetti

## IT'S THIS EASY


- Heat 2 tbsp olive oil in a large frypan over medium heat. Add the onion and cook for 2-3 mins, then add the garlic and cook for another min.
- Add the beef mince and cook for 8 mins or until the meat is fully cooked through (no pink showing), stirring regularly.
- Add the tomatoes and tomato paste and cook for another 2 mins.
- Add the carrot, zucchini, tomato, mixed herbs, and parsley to the pan, and bring to a boil. Reduce the heat to low and cook for at least 10 mins.
- Cook the spaghetti according to the instructions. While it's cooking drain the lentils, add to the bolognaise and cook for 5 mins more.
- Drain spaghetti and assemble dish - spaghetti with mince on top.

### PER SERVE:

Energy	Protein	Fat	Saturated Fat	Carbohydrate	Sugars	Sodium	Fibre
2254kJ	36.7g	11.9g	2.7g	62.7g	8.2g	121mg	14.4g



# LENTIL & SWEET POTATO CURRY

Serves **4** | 30 mins |  | \$1.75 / serve | Sav, V, GF, \$\$

## INGREDIENTS

- 1 tbsp extra virgin olive oil
- 1 brown onion, chopped
- 2 tbsn curry powder
- 1 medium sweet potato, wash well and cut into 2cm chunks, no need to peel
- 500ml vegetable stock (salt reduced)
- 1x 400g can chopped tomatoes
- 1x 400g can brown lentils, drained
- 1 cup baby spinach
- Handful coriander leaves, roughly chopped to serve
- Natural yoghurt (to serve)

## IT'S THIS EASY

- Heat the oil in a large pan, add the onion and cook for about 4 mins until they are soft.
- Add the curry powder, stir until you can smell the spices, then add the stock, tomatoes and sweet potato.
- Bring it to the boil, then turn the heat down to low and cook it until the potato is soft. This will take about 20 mins.
- Add the lentils and baby spinach and let them warm through.
- Serve topped with a dollop of yoghurt, and coriander leaves.

### PER SERVE:

Energy	Protein	Fat	Saturated Fat	Carbohydrate	Sugars	Sodium	Fibre
1167kJ	12.3g	6.0g	1.1g	38.5g	14.0g	759mg	12.8g

# TUNA, RICE & LEMON SALAD

Serves **4** | 10 mins



\$5.00 / serve

V, SAV, Q&E

## INGREDIENTS

- 1x 425g can tuna in olive oil
- 1x 425g microwave packet brown rice
- 2 tomatoes, diced
- 60g baby spinach leaves
- 1 lemon, juice
- 1 clove garlic, crushed

## IT'S THIS EASY

- Drain the oil from the tuna into a small bowl or jug.
- Mix together the lemon juice, garlic and a tablespoon of the oil from the tuna.
- Cook the rice in the microwave following the packet instructions
- Mix the rice and tuna together in a bowl and heat in the microwave until warmed through.
- Add the remaining ingredients to the bowl with the warm rice and tuna and mix through.



### PER SERVE:

Energy	Protein	Fat	Saturated Fat	Carbohydrate	Sugars	Sodium	Fibre
1632kJ	31.6g	10.6g	2.8g	38.7g	3.2g	497mg	4.8g


A photograph of two glass jars filled with a creamy, light-colored yogurt-based dessert. The jars are topped with a mixture of pink rose petals, green pistachios, and small brown seeds. The jars are set on a light-colored, textured surface. In the background, there is a halved pomegranate with its seeds visible, a white bowl filled with pomegranate seeds, and several wooden spoons and forks scattered around. The overall scene is styled in a clean, minimalist aesthetic with soft lighting.

# DESSERT

Enjoy a healthy treat with one  
of our super saver desserts!



# MANGO & YOGHURT POPSICLES

Serves **5** | 250 mins |  | \$1.00 / serve | V, Sw, GF, WT, \$\$

## INGREDIENTS

- 2 ripe mangoes, skin removed, cut into small chunks
- 1 cup Reduced fat Greek yoghurt
- 1/3 cup water
- Add 2 tbsp of mango puree to each popsicle mould. Then layer 2 tsp Greek yoghurt on top of mango layer. Repeat for all popsicles.
- If there is room add another tbsp mango puree to each mould.
- Place a knife or the end of your spoon down through the centre of the popsicle mould and pull it upwards, or through to gently 'swirl' the mango puree and yoghurt together.
- Pop the mould into the freezer for another 2 hours or until set.

## IT'S THIS EASY


- Partially freeze the mango for roughly 2-3 hours. Once ready, blend until smooth and creamy. Add just enough water to the mango to allow it to process into a smooth but very thick consistency.

PER SERVE:	Energy	Protein	Fat	Saturated Fat	Carbohydrate	Sugars	Sodium	Fibre
	458kJ	3.5g	2.0g	1.4g	18.9g	18.3g	34.3mg	1.5g



# MADDIE'S FROZEN BANANAS

Serves **4** | 185 mins

 | \$1.10 / serve

V, Sw, GF, WT, \$\$

## INGREDIENTS


- 4 bananas, peeled and one end trimmed
- 2 tbsp sultanas
- 1 cup Greek yoghurt (reduced fat)
- 4 skewers

## IT'S THIS EASY

- Line a small tray with baking paper. Place a skewer through the bottom of each banana.
- Fill a tall glass with yoghurt, dip each banana in and place onto the tray. Spoon the remaining yoghurt evenly over the top.
- Pop two sultanas at the top of each banana to make the eyes of the ghost, and one to make the mouth.
- Place the tray into the freezer for roughly 3 hours or until they are set.

### PER SERVE:

Energy	Protein	Fat	Saturated Fat	Carbohydrate	Sugars	Sodium	Fibre
757kJ	4.7g	2.5g	1.4g	32.7g	25.9g	40mg	2.4g



# WHOLEGRAIN APPLE CRUMBLE

Serves

7

35 mins



\$0.50 / serve

WT, Sw, V, DF, \$\$

## INGREDIENTS

- 4 Apples (red or green) with the skin on
- 3 Weetbix
- 1 cup rolled oats
- $\frac{1}{4}$  plain flour
- $\frac{1}{4}$  cup desiccated coconut
- 1 tbsp brown sugar
- 1 tbsp maple syrup
- 2 tsp cinnamon
- 3 tsp vegetable oil spread

## IT'S THIS EASY

- Heat the oven to 170° C (fan forced)
- Cut the apple up into small chunks, leaving the core and seeds behind.
- Put the apple into a microwave safe bowl with maple syrup, 1 tbsp cinnamon, and 2 tbsp water.
- Microwave for 4 mins, stirring each min to ensure even cooking. Then spread evenly into a baking dish.
- In a clean mixing bowl, crush the Weetbix. Add rolled oats, brown sugar, and desiccated coconut to the bowl, and stir to combine.
- Spoon in the vegetable oil spread, and rub through with hands until evenly distributed. Pour the crumble mixture over apples, and bake for 20-25 mins, until lightly browned.

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### PER SERVE:

Energy  
725kJ

Protein  
3.4g

Fat  
5.0g

Saturated Fat  
2.4g

Carbohydrate  
26.5g

Sugars  
15.0g

Sodium  
29 mg

Fibre  
4.6g



# CHAI SPICED BANANA MUFFINS

Serves

10

60 mins



\$0.40 / serve

WT, Sw, V, \$\$

## INGREDIENTS

- $\frac{3}{4}$  cup (115g) wholemeal plain flour
- $\frac{1}{2}$  cup (40g) rolled oats
- $1\frac{1}{2}$  tsp baking powder
- 1 tsp ground cinnamon
- $\frac{1}{2}$  tsp ground cardamom
- $\frac{1}{2}$  tsp ground ginger
- $\frac{1}{4}$  tsp ground allspice
- $\frac{1}{4}$  tsp ground nutmeg
- 1 overripe banana
- 1 egg
- 30mL reduced fat milk
- 30mL extra virgin olive oil
- 1 cup (130g) raw sweet potato

## IT'S THIS EASY

- Preheat oven to 180°C. Line or grease 10 muffin holes in a 12-hole muffin tray.
- Clean whole sweet potato and grate (no need to remove the skin).
- In a large bowl, mix together the flour, oats, baking powder and the spices.
- In a separate bowl, mash the banana and mix with the egg, milk and olive oil. When combined, add the grated sweet potato, and stir until mixed through and a thick batter has formed.
- Add the dry ingredients into the banana batter and stir until well combined.
- Divide the batter into the muffin tray. Place in the oven and bake for 35 mins, or until the muffins are beginning to brown on top and are cooked through when pierced with a skewer.
- Remove from the oven and place the muffins on a wire rack to cool.

### PER SERVE:

Energy	Protein	Fat	Saturated Fat	Carbohydrate	Sugars	Sodium	Fibre
428kJ	3g	3.8g	0.7g	12.7g	2.4g	108mg	2.6g

# MEAL PLANNER

Planning meals and snacks ahead of time can make healthy eating easier by reducing the need for convenience meals, snacks and takeaway foods. You can use this handy meal planner to plan your meals and snacks, save you money and time and help you reach your healthy eating goals!

	<i>M</i>	<i>T</i>	<i>W</i>	<i>T</i>	<i>F</i>	<i>S</i>	<i>S</i>
<i>BREAKFAST</i>							
<i>LUNCH</i>							
<i>DINNER</i>							
<i>SNACKS</i>							

# DECODING FOOD

## LABELS



Knowing what nutrients are in packaged foods can help to understand how different foods meet your needs. Food labels can tell you the amount of carbohydrate, sugars, fibre, fats and salt (sodium) is in food. You can use nutrition information panel to choose healthier packaged foods. Food labels include:

### INGREDIENTS LIST

The ingredient that makes up the greatest amount (in weight) is listed first, down to the ingredients that contribute the least.

### NUTRITION INFORMATION PANEL

Nutrition information panel: Each nutrient is listed by serve, and per 100g. Use the per 100g column to compare products.

### DOWNLOAD & PRINT OUR LABEL DECODER

[Save our label decoder](#) to your phone, or print the image below for a quick, easy reference on the go!

Compare numbers in the 100g column			
TOTAL FAT	< 3g	3 - 10g	> 10g
SATURATED FAT	< 1.5g	1.5 - 3g	> 3g
SUGAR	< 5g	5 - 15g	> 15g
SODIUM	< 120mg	120 - 400mg	> 400mg
FIBRE	Choose high fibre. Use the per serve column and choose more than 3g of fibre per serve.		
DRINKS:	Water is always best! Try to drink between 2.1 L to 2.6 L (8 - 10 glasses) a day. Limit alcohol to no more than 10 standard drinks per week, and no more than 4 standard drinks on any one day.		

# MYTHS & FACTS FOR EATING WITH TYPE 2 DIABETES

MYTH

**PEOPLE WITH TYPE TWO DIABETES MUST FOLLOW A LOW CARBOHYDRATE DIET.**

It's important to consider carbohydrates when managing blood sugar levels. It doesn't mean you have to cut them out completely! Eating too many carbohydrates can have a big effect on your blood sugar levels. However, eating too few can affect the way your body works as carbohydrate fuels the brain and sends energy to muscles. Everyone needs different amounts of carbohydrate. To find out what is right for you, find a [local dietitian here](#).

FACT

**ANYONE CAN GET TYPE 2 DIABETES.**

Even if you are the healthiest person in the world, you could still develop diabetes. Family history and ethnicity can increase risk of developing type 2 diabetes.

MYTH

**PEOPLE WITH DIABETES CAN'T EAT ANYTHING UNHEALTHY.**

While it is important to have a healthy eating pattern, it's important to think about foods that you enjoy eating, and how you can include them. This may mean focusing on how much you have, and how often you have some foods.

**FACT**

**TYPE TWO DIABETES CAN BE MANAGED WITH DIET AND LIFESTYLE CHANGES.**

Making sustainable lifestyle changes is key to managing type 2 diabetes. This may include modifying portion sizes at mealtimes and snacks, choosing healthy meals and low GI carbohydrates.

**MYTH**

**PEOPLE WITH TYPE TWO DIABETES CAN'T GO OUT TO EAT AND DRINK.**

Going out to enjoy a meal with friends and family is important for mental health and well-being! Understanding how carbohydrate foods affect your blood sugar levels is key to making healthy choices. Find out more about carbohydrate foods here!

**FACT**

**NOT ALL FOODS IMPACT BLOOD GLUCOSE LEVELS.**

Carbohydrate foods include foods breads and cereals, lentils, beans, some vegetables, dairy foods and food with added sugar. Carbohydrate containing food will raise blood sugar levels. Foods that contain mostly protein, or healthy fats, like meat, fish, eggs, olive oil, avocado and hard cheese are low in carbohydrate. Most vegetables are low in carbohydrate. Low carbohydrate foods have a very small effect on blood sugar. Low carbohydrate foods are important to include in a healthy meal, as they can help to reduce the spike in blood sugar.

**MYTH**

**PEOPLE WITH TYPE TWO DIABETES CAN'T EAT HIGH SUGAR OR CARBOHYDRATE FOODS.**

A healthy eating pattern has room to enjoy all foods. Foods from all the food groups (e.g., fruit, vegetables, dairy, meats and alternatives, and breads and wholegrains), provide different essential nutrients that help the body function. Foods high in carbohydrate, like bread and fruit, can be included in a healthy diet. If the food is high in simple sugars enjoy only sometimes and in small amounts.

# PANTRY STAPLES

A well-stocked fridge, freezer and pantry can help you make healthy meals with foods you already have on hand.

Here are some ideas for ingredients that can form the basis for many simple meals. You can use this list to check what you already have at home and what you might need to buy before you head to the shops.

## PROTEIN

- Canned tuna / salmon
- Canned baked beans (salt / sugar reduced)
- Canned lentils /canned beans
- Dried lentils / peas
- Peanut butter (no added salt /sugar)
- Sunflower /pumpkin seeds
- Unsalted nuts (i.e. almonds, walnuts)

## BREADS / CEREALS

- Bread / wraps
- Mini wholemeal tortillas
- Rice (basmati)
- Pasta (wholemeal /high-fibre)
- Noodles (soba /udon)
- Traditional rolled oats
- Muesli (non-toasted)
- Vita-wheats or other wholegrain crackers
- Cous Cous (raw or microwave cups)
- Breakfast cereals (i.e. wheat biscuits, all bran)



*(Opt for wholegrain / wholewheat breads and wraps with <400mg sodium per serve)*



## **VEGETABLES**

Canned tomatoes (salt-reduced)  
Onion (red & brown)  
Tinned corn  
Olives  
Garlic  
Sweet potato  
Canned lentils /canned beans  
(i.e. cannellini, black beans)

## **FRUIT**

Canned fruit (i.e. Peaches,  
pears, mangoes, fruit salad)  
Dried fruit (i.e. prunes,  
apricots, figs, cranberries)

*(Opt for canned fruit in natural  
juice, not syrup)*

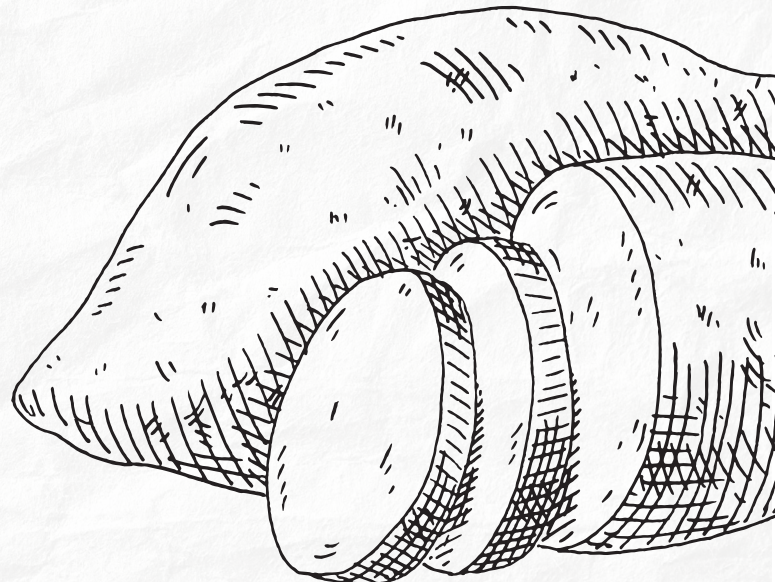
## **CONDIMENTS / SPICES / OILS**

Extra virgin olive oil  
Tomato paste  
Mexican spice mix  
Curry powder  
Vegemite  
Mustard  
Honey  
White vinegar  
Reduced-salt stock (liquid or powder)  
Reduced-salt soy sauce / tamari  
Herbs - basil, thyme, oregano, cinnamon,  
salt, pepper, paprika, rosemary

## **DAIRY & ALTERNATIVES**

UHT Milk, evaporated  
milk

*(Opt for reduced fat options)*



# FRIDGE STAPLES

Reduced-fat milk	Lettuce / mixed lettuce
Reduced-fat tasty cheese / cottage cheese / feta	Avocado
Reduced-fat Greek yoghurt	Cucumber
Eggs	Broccoli
Tofu	Cauliflower
Hummus	Carrots
Berries	Zucchini
Cabbage (or bag coleslaw salad)	Pumpkin
Capsicum (rotate the colours!)	Green beans
Celery	Asparagus
Baby spinach /rocket	Lemons
Tomatoes / cherry tomatoes	Spring onions
	Minced garlic

# FREEZER STAPLES

Lean meat (chicken breast / pork medallions /  
steak with fat trimmed)  
Lean mince (beef / chicken / pork / turkey)  
Frozen fruit and vegetables  
Home-cooked meal prep i.e. soups,  
casseroles and pasta sauces  
Fish fillets (un-crumbed i.e. white fish /salmon)

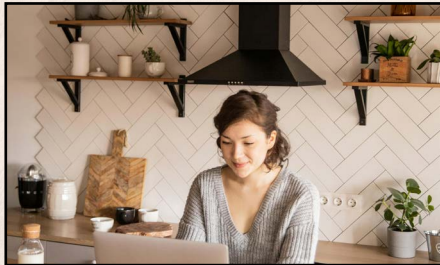


# COOKING & GROCERY

## SHOPPING HACKS

Tired of wasting all your time, money and energy on grocery shopping and cooking? Here are our top hacks for when you want to spend less time on chores, cut grocery costs and spend more time and money doing what you love!

### SHOPPING HACKS



ONLINE SHOPPING



WEEKLY SHOPPING

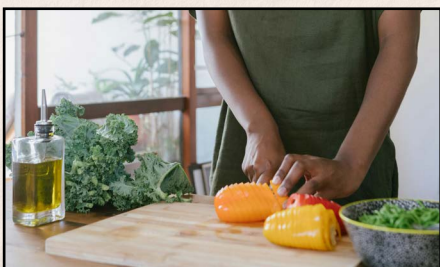


COST SAVING

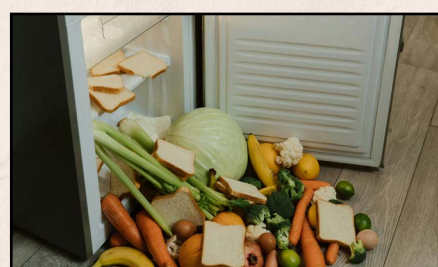


COMPARE PRICES

### COOKING HACKS



HEALTHY COOKING



PREVENT FOOD WASTE



FOOD SAFETY



USING LEFTOVERS



# ACKNOWLEDGEMENTS

Thank you to our placement students at the University of Newcastle who are completing their Bachelor of Nutrition and Dietetics; Emily Green and Ella Mackie for helping to create this eBook.

Additionally, we would like to extend a warm thanks to the collaborators whose input guided the creation of this eBook.

All information given in this eBook is general, and not intended to be personal advice. For personalised nutrition and diabetes care, speak with your healthcare providers, or [follow this link](#) to book an appointment with a dietitian near you.

