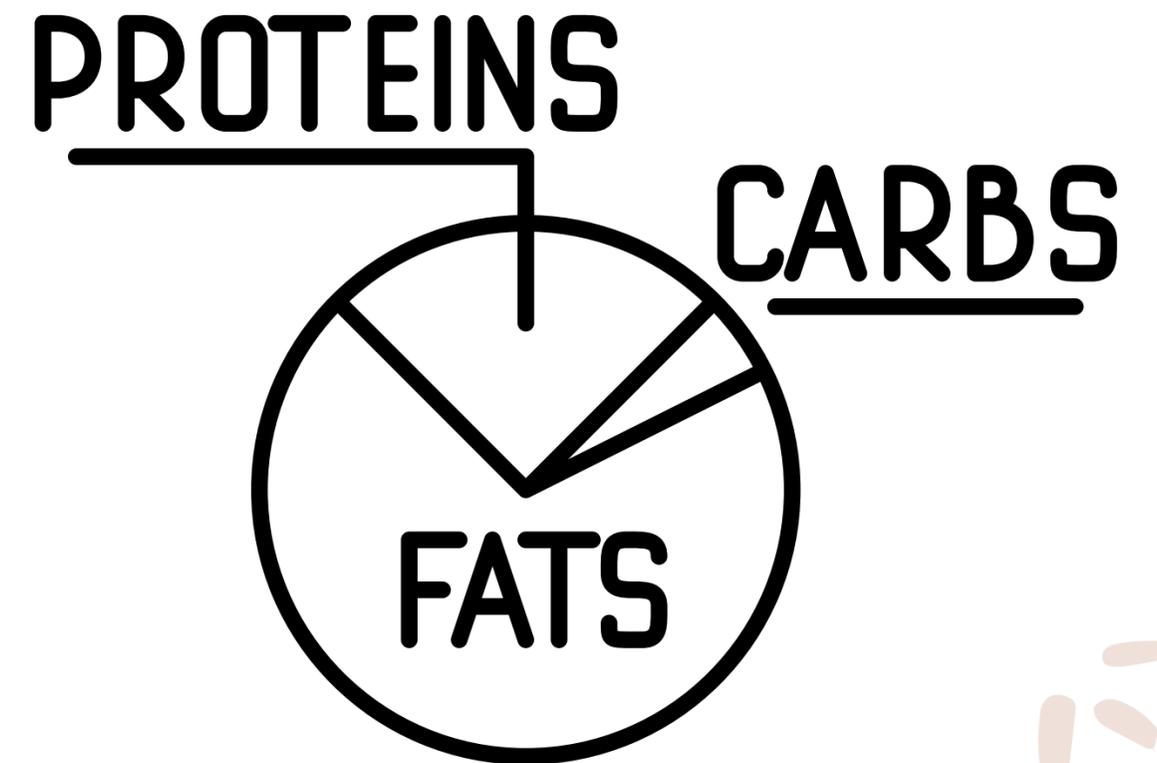




**Be Healthy | Be Happy | Be the Best You!**

# Choose Healthy Macros

- Carbohydrates
- Protein
- Fat



# What are Carbohydrates?

## CARBOHYDRATE CONTAINING FOODS

All carbohydrates are broken down by the body into glucose. Some carbohydrates digest quickly and others more slowly.

Breads & Cereals	Milk & Dairy Alternatives	Starchy Vegetables, Lentils & Pulses	Fruit: whole, tinned, dried, & juice

### Sweet & sugary carbohydrates



#### CARBOHYDRATE AWARENESS

This is an introduction to carbohydrate recognition for diabetes. You will need to see an Accredited Practising Dietitian for further education.  
 This is a consensus document by Dietitians from the Diabetes NEMO Group. Disclaimer: <http://www.health.qld.gov.au/masters/copyright.asp>  
 This document was originally developed by the Queensland Type One Group in 2009

Reviewed: May 2016  
 Due for review: May 2018



# What is Protein?



**Meat, Fish, Poultry, Tofu**

**Beans, Peas, Lentils**

**Eggs, Dairy**

**Nuts, Seeds, Nut Butter**

# Fats

Provide an important source of energy.

Fat soluble vitamins A,D,E,K.

Choose healthy fats Vs unhealthy fats.

Digest more slowly than carbohydrate and protein- limit fatty foods before exercise.



- Olive oil, canola oil
- Oily fish
- Nuts and seeds
- Avocado



- Butter, cream
- Fried foods
- Fatty meats- bacon, sausage, cold cuts
- Fries, chips
- Pastries, muffins, chocolate, cakes



# BUILDING A HEALTHY PLATE

## Healthy Fats:

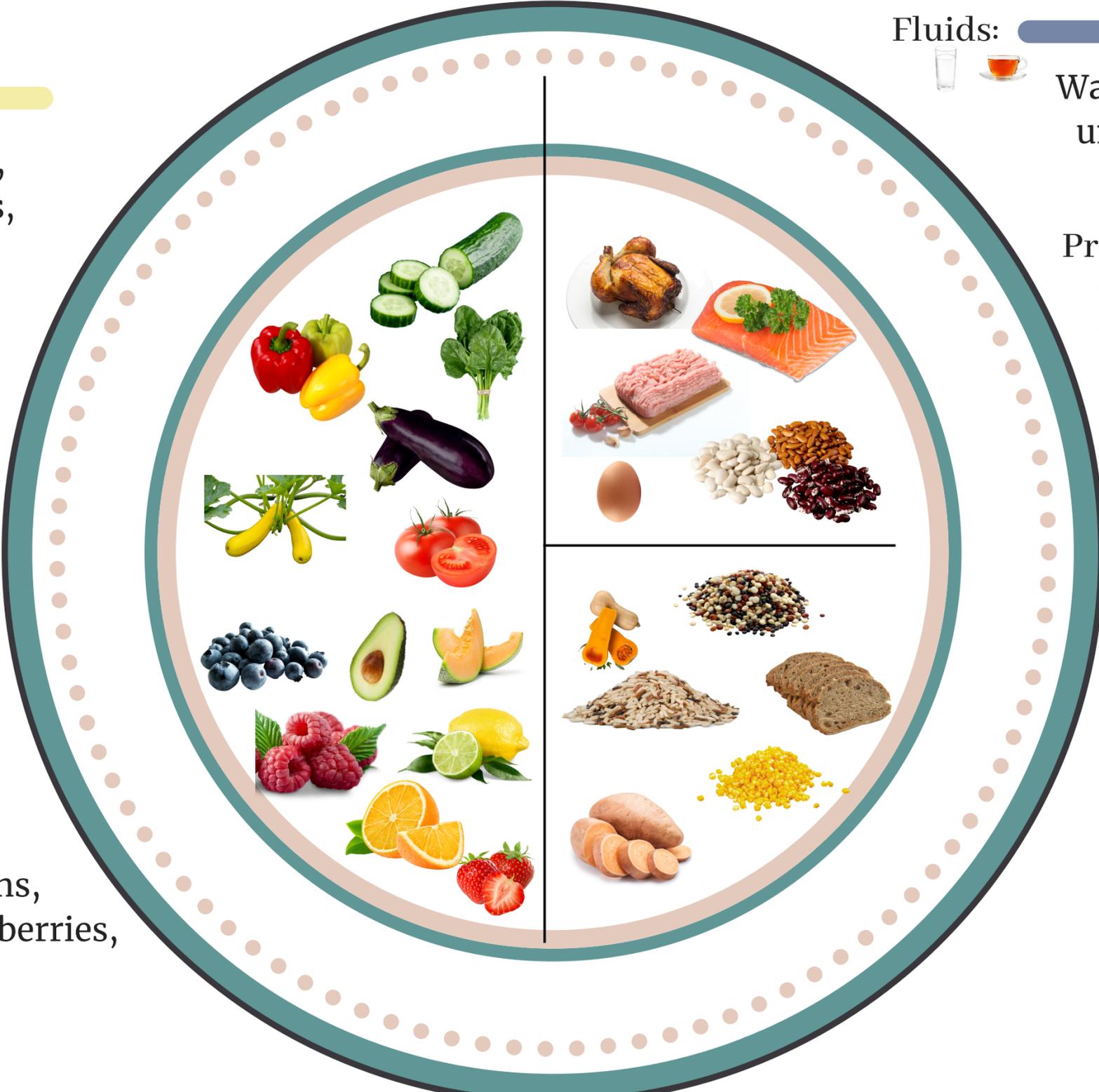
Olive oil, avocado oil, walnut oil, pumpkin seeds, sunflower seeds, pecans, walnuts, Brazil nuts, & pine nuts

## Vegetables:

Spinach, bell peppers, eggplant, zucchini, yellow squash, tomatoes, endive, bok choy, broccoli etc.

## Fruit:

Blueberries, raspberries, strawberries, oranges, mandarins, lemon, limes, cantaloupe, blackberries, avocado, pineapple, etc.



## Fluids:



Water, green and black tea, unsweetened beverages

## Protein:

Chicken, turkey, salmon, cod, mackerel, eggs, beans, legumes, tofu, low-fat yogurt, & lean cut beef.

## Whole Grains & Starchy Vegetables

Brown rice, quinoa, millet, buckwheat, sorghum, corn, gluten free bread, butternut squash, sweet potato, etc.



# Calorie Counting

Many diets are based on calorie counting.

1g fat= 9kcal  
1g carbohydrate=4kcal  
1g protein= 4kcal

Too much emphasis on individual calories rather than quality of foods consumed.

Be aware of portions and calorie dense/processed foods but no need to count calories daily unless advised by a doctor/dietitian.

# Hydration

Fluid need depends on your age, gender and activity level.

Hot and humid weather can also increase your needs.

To keep your body hydrated, aim for a fluid intake of about

3 L (12 cups) for men  $\geq 19$  yrs

2.2 L (9 cups) for women  $\geq 19$  yrs

Fluids include water and other beverages such as milk, juice, broth or soups, coffee and tea.

Water is one of the best fluid choices, but it is a myth that you need 8 cups a day to stay healthy.



# Sleep

18-60 yrs:  
**7+ hours per night (CDC).**

Be consistent.

Make sure your bedroom is quiet, dark, relaxing, and at a comfortable temperature.

Remove electronic devices from the bedroom.

Avoid large meals, caffeine, and alcohol before bedtime.

Exercise.

