Do you have diabetes?  
Or are you shopping for someone who has diabetes?  
Here are some helpful shopping hints to help you make more diabetes-friendly food choices…

The better choice … | Instead of …
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✓ Wholemeal Lebanese bread | ✗ White Lebanese bread
✓ Water, plain mineral water, tea and diet soft drinks | ✗ Regular soft drinks
✓ Skim milk, low fat yoghurt and cheese | ✗ Full-fat milk, yoghurt and cheese
✓ Unsalted nuts | ✗ Salted nuts
✓ Plain biscuits | ✗ Lebanese sweets and pastries
✓ Artificial sweeteners in coffee | ✗ Regular sugar
✓ Lean meat (fat trimmed off) and fish or tinned, pre-cooked or dry legumes (e.g. chick peas, lentils) | ✗ Fatty meat or too much meat

Other helpful hints
• Try and buy foods that are low in salt or sodium
• Avoid buying foods high in animal fats or saturated fats
• Avoid buying foods high in sugar
• Foods containing sugar, salt and fat should always be eaten in moderation.

For further information:
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